



# The Breeze

JMU and Harrisonburg become more accessible through remodeled bus routes

Connor Murphy

**NEWS**

**6**

# RAINBOW ROADS

## A GREAT FIRST YEAR

Letter to new students on how to make the best of their experience at JMU

**OPINION**

**10**

## FOOD FOR THOUGHT

JMU club dedicates itself to teaching health benefits of veganism and vegetarianism

**CULTURE**

**16**

## FOOTBALL FACELIFT

JMU replaces Zane Showker Field with new upgraded surface

**SPORTS**

**18**

# NOW LEASING!

 altitude  
MODERN LIVING REDEFINED

Come to a home you  
deserve located in  
Rockingham, VA.

Altitude  
at JMU  
has  
everything  
you  
need

CALL  
(540) 212-2156  
TODAY!

[altitudejmu.com](http://altitudejmu.com)

CALL  
540 US!  
442  
8885

865

**EAST**  
*The Residences  
The Plaza*

[865east.com](http://865east.com)

856 East is where you want to be!





TRISTAN LOREI / THE BREEZE

### MASSIVE MAKEOVER

After a year-and-a-half of renovations, Wilson Hall will soon welcome the history department for the fall semester

**NEWS**

8



COURTESY OF SHARON SIPPLE

### SWEET DREAM

JMU musical theatre major spent the summer performing for audiences at Hersheypark

**CULTURE**

14



BREEZE FILE PHOTO

### HIGH EXPECTATIONS

JMU's men's soccer team aims to replicate last season's successes

**SPORTS**

20

## Editorial Staff

#### EDITOR-IN-CHIEF

ABBY CHURCH

[breezeditor@gmail.com](mailto:breezeditor@gmail.com)

#### NEWS EDITORS

CONNOR MURPHY &  
KATELYN WALTEMYER

[breezenews@gmail.com](mailto:breezenews@gmail.com)

#### CULTURE EDITORS

KAILEY CHENG & TRACI RASDORF

[thebreezeculture@gmail.com](mailto:thebreezeculture@gmail.com)

#### VIDEO EDITORS

GENEVIEVE EDELSON & ALEXA FITZPATRICK

[breezevideo1@gmail.com](mailto:breezevideo1@gmail.com)

#### MANAGING EDITOR - PRINT

SHANNA KELLY

[breezepress@gmail.com](mailto:breezepress@gmail.com)

#### SPORTS EDITORS

CATIE HARPER & NOAH ZIEGLER

[breezesports@gmail.com](mailto:breezesports@gmail.com)

#### OPINION EDITOR

JILLIAN CAREY

[breezeopinion@gmail.com](mailto:breezeopinion@gmail.com)

#### ART DIRECTOR

TAYLOR SARLO

[breezeartdirector@gmail.com](mailto:breezeartdirector@gmail.com)

#### MANAGING EDITOR - DIGITAL

IVAN JACKSON

[thebreezeweb@gmail.com](mailto:thebreezeweb@gmail.com)

#### COPY EDITORS

JAKE CONLEY, JAMES FARIS &  
ELIJAH NALLE

[breezecopy@gmail.com](mailto:breezecopy@gmail.com)

#### PHOTO EDITORS

SAMANTHA LINCZYC &  
TRISTAN LOREI

[breezephotography@gmail.com](mailto:breezephotography@gmail.com)

#### DESIGN ON THE FRONT:

TAYLOR SARLO / THE BREEZE

## Advertising Staff

#### CREATIVE DIRECTOR

JESSICA GARCIA

#### AD DESIGNER

OLIVIA MARINO

## The Breeze

Serving James Madison University Since 1922

1598 S. Main St.  
Harrisonburg, VA 22801

**PHONE:** 540-568-6127

**FAX:** 540-568-7889

#### MISSION

The Breeze, the student-run newspaper of James Madison University, serves student, faculty and staff readership by reporting news involving the campus and local community. The Breeze strives to be impartial and fair in its reporting and firmly believes in First Amendment rights.

Published on Thursday mornings, The Breeze is distributed throughout James Madison University and the local Harrisonburg community. Single copies of The Breeze are distributed free of charge. Additional copies are available for 50 cents by contacting our business office. Comments and complaints should be addressed to Matt Weyrich, editor.

# BEST OF LUCK

New & Returning JMU Students

## Connect With Us

for news, events and prizes!

## JMUCommonWealthOne

TEXT JMU to 31996\*

\*Our mobile text messages are delivered via USA short code 31996. Up to 6 messages per month. Reply STOP to cancel, HELP for help. Standard message and data rates may apply.



## Keeping the charm



TRISTAN LOREI / THE BREEZE

Beyond the interior reconstruction of Wilson Hall, the stairs outside the building were torn down, and new ones were installed.

## Wilson Hall ready to welcome JMU community this semester after complete interior renovation

**By KAMRYN KOCH**  
*The Breeze*

Historic JMU landmark Wilson Hall is scheduled to reopen August 26 after its \$16 million renovation. The construction project began in January 2018 with the goal of housing the history department.

The reconstruction of Wilson led to a technological upgrade the faculty hopes will strengthen the learning experience of its students. This upgrade includes a cutting-edge history studio with at least three 3D printers, virtual reality capabilities and a podcast booth made out of the building's original money vault.

The history department has been awaiting its move into Wilson since discussion of the project began in late fall 2016. Academic Liaison to the Project Chris Arndt worked closely with the workers from Nielsen Builders, the company that originally

constructed Wilson in 1931, and the department faculty.

"We consulted a lot with folks on campus on what we can do that will make it possible to improve the technological aspects of the building," Arndt said. "The folks I worked with who do building projects on this campus are phenomenal. They are great unsung heroes of the university."

The history department faculty was moved into Wilson the first week of August. Department Head Maura Hametz is excited about the space because of the addition of modern learning technology and the preservation of the building's historic character.

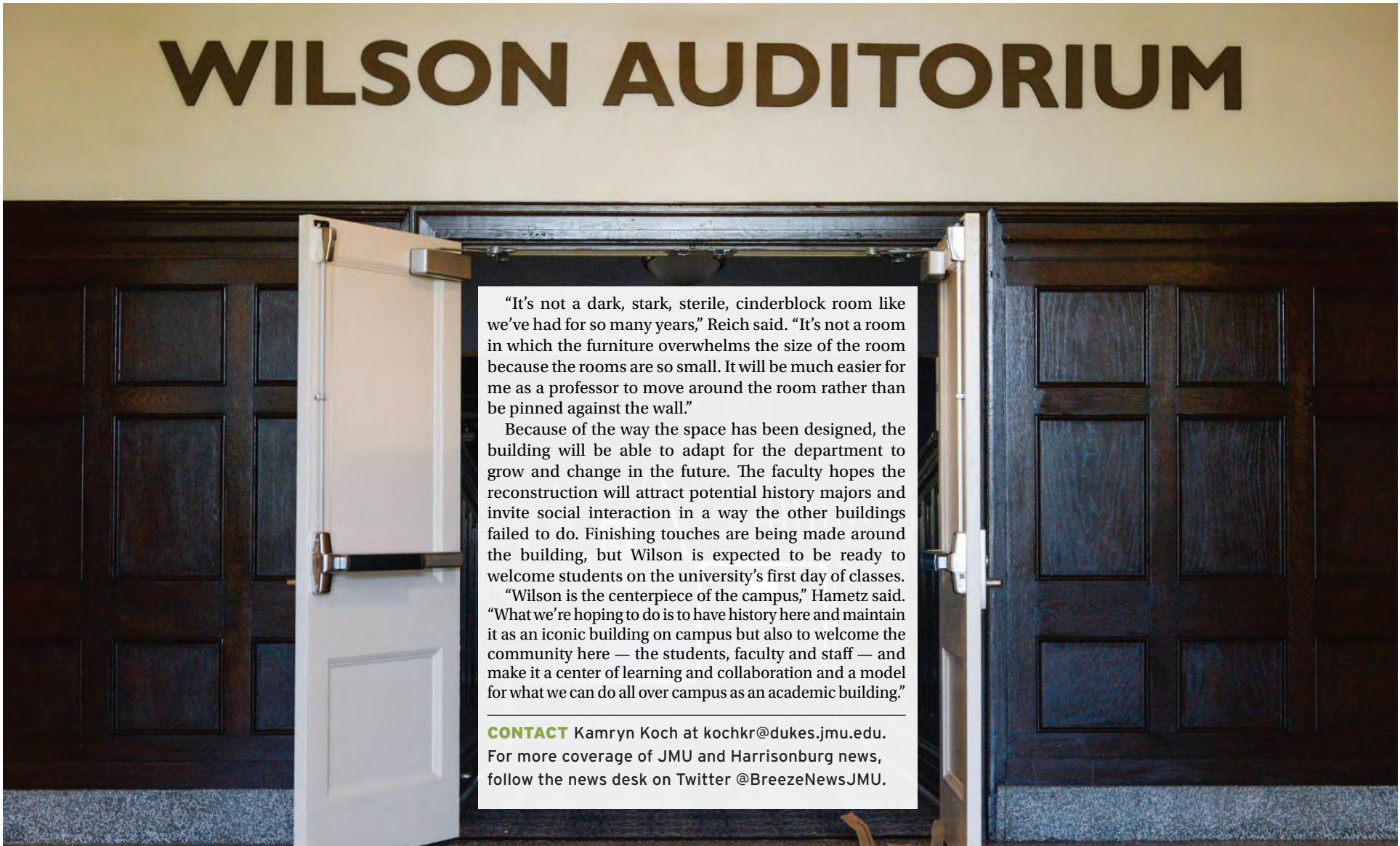
"It's a little bit humbling because it's kind of awesome when you walk in," Hametz said. "It's a beautiful marriage of the old and the new, and the faculty is super excited to welcome the students and everyone to the building."

Wilson was reconstructed under certain guidelines as a historic building, so the builders were required to keep as many historical features as possible. The original palazzo floors are almost completely intact, and the high ceilings and tall windows continue to reflect the architectural style of the 1930s. The plaque from Wilson's original construction has also been incorporated into the building.

The building has three new forty-seat classrooms and two new twenty-seat seminar classrooms, as well as a large exhibition space to be used by both the department and the university. Classrooms were made more flexible with the inclusion of dual projection capabilities and smartboards. New chairs and desks with wheels will also allow for easier classroom reconfiguration. History professor Steven Reich is eager to see how students' learning experiences will be enhanced by the changes.







# WILSON AUDITORIUM

“It’s not a dark, stark, sterile, cinderblock room like we’ve had for so many years,” Reich said. “It’s not a room in which the furniture overwhelms the size of the room because the rooms are so small. It will be much easier for me as a professor to move around the room rather than be pinned against the wall.”

Because of the way the space has been designed, the building will be able to adapt for the department to grow and change in the future. The faculty hopes the reconstruction will attract potential history majors and invite social interaction in a way the other buildings failed to do. Finishing touches are being made around the building, but Wilson is expected to be ready to welcome students on the university’s first day of classes.

“Wilson is the centerpiece of the campus,” Hametz said. “What we’re hoping to do is to have history here and maintain it as an iconic building on campus but also to welcome the community here — the students, faculty and staff — and make it a center of learning and collaboration and a model for what we can do all over campus as an academic building.”

**CONTACT** Kamryn Koch at [kochkr@dukes.jmu.edu](mailto:kochkr@dukes.jmu.edu). For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.

The building now has a blend of its original features, like its tall windows, and new technology, like the history studio that has 3D printers and virtual reality capabilities.

@breezejmu  
 @BreezeNewsJMU



1476 S. Main Street  
Harrisonburg, VA  
(540) 746-7515  
[grilledcheesemania.com](http://grilledcheesemania.com)  
Monday–Saturday  
11am – 7pm



simple comfort food





FOLLOW THE MANIA







## WELCOME BACK TO THE BURG!

*Let The Rock fuel your fitness this semester!*

ENTER TO  
WIN 50% OFF  
YOUR FIRST  
MONTH!

- Free College Community Day on August 31st @ 10 a.m.
- We are walking distance from campus in the Beach Bum Tanning Shopping Center

1645 RESERVOIR STREET - SUITE 149, HARRISONBURG, VA, 22801  
540-335-3514 // [ROCKTOWNCROSSFIT@GMAIL.COM](mailto:ROCKTOWNCROSSFIT@GMAIL.COM)  
[WWW.ROCKTOWNCROSSFIT.COM](http://WWW.ROCKTOWNCROSSFIT.COM)



The Breeze  
 BreezeVideo  
[breezejmu.org](http://breezejmu.org)  
Thursday, August 22, 2019



# BROTHERS PIZZA

PIZZA, PASTA & SUBS

1059 South High Street  
Harrisonburg, VA 22801

DAILY  
SPECIALS!

2 Baked  
Dishes  
with  
Salad &  
Garlic  
Bread  
\$16.95  
+tax



WE  
DELIVER!



MONDAY - WEDNESDAY  
Large 1 Topping Pizza  
\$9.95 +tax

Combo: Sub, Fries, &  
Soft Drink \$8.99 +tax

1 Large  
Cheese Pizza,  
1 order of  
Bread Sticks,  
& a 2 Liter  
Soda  
\$16.95 +tax

1 Large  
1 Topping  
Pizza,  
1 order of  
Buffalo  
Wings, & a 2  
Liter Soda  
\$20.95 +tax



540-433-1116

# The 'key to the city'

HDPT introduces new bus routes that aim to connect JMU to the Harrisonburg community



PHOTO COURTESY OF ELLIOT MENGE

As of late August, 14 buses run along eight color-coded routes.

By **CONNOR MURPHY**  
*The Breeze*

As a result of a year-long route study conducted by the Harrisonburg Department of Public Transportation and outside consultants — along with feedback from the JMU and Harrisonburg communities — the HDPT developed a new system of colored bus routes. The changes aim to make JMU's campus and downtown Harrisonburg more accessible while embracing a simplistic route system that allows more buses to run.

"The big thing we're trying to do with all this is just to make it easier for people to understand," Avery Daughtery, transit superintendent for the HDPT, said. "We completely lost people as far as trying to figure out how to navigate our system."

The previous bus routes consisted of 13 numbered routes, but as of late August,

14 buses will run on eight colored lines.

"These changes were made with two groups in mind: the students and the drivers themselves," Elliot Menge, supervisor for the HDPT, said. "We just wanted to see if we could make things simpler, more consistent and more frequent for everyone involved."

These transfer-based routes allow students living off-campus to board a bus that'll stop at the Godwin Transit Center or Festival, where Inner Campus Shuttles will frequently and consistently arrive to take students around campus.

"I hope that it's clear to people that we're making these changes because there were concerns," Michael Parks, communications director for the city of Harrisonburg, said. "If there's more input about more changes we need to make, we're interested in doing that."

Daughtery said routes to off-campus housing

complexes will run every 15 minutes, whereas before, Parks said buses could take upward of a half hour to return to the same complex.

"The main concern with the way bus routes have operated in the past is that if you're at one of our local apartment complexes, it may be 15 or 30 minutes before the bus comes back," Parks said. "The way this is working now, you're going to get a bus to your apartment complex a lot quicker."

In addition to the transfer-based routes, the HDPT is also introducing the Downtown Shuttle, which will service downtown Harrisonburg on Saturday nights from 7 p.m. to 1:21 a.m. Sunday mornings.

"I've been jokingly calling it the 'key to the city route,'" Menge said. "It'll take them to the heart of downtown, it'll take them to all the restaurants, Billy Jack's, Jack Brown's, right by the courthouse, to Kline's ... and then it just goes straight back to campus."

The Downtown Shuttle





TRISTAN LOREI / THE BREEZE

**HDPT is increasing the number of Inner Campus Shuttles from three to 10.**

will leave the Godwin Transit Center at the beginning of every hour starting at 7 p.m. until 1 a.m.

“There’s always people that really wish they could get downtown,” Daughtery said. “However, in the past when we’ve done a downtown shuttle, we’ve always received very low ridership. We thought this would

be a perfect time to try this again, to try to at least make an attempt to offer this to students and get them exposed to not just shopping but other experiences just outside of the JMU community.”

HDPT is also increasing the number of Inner Campus Shuttles from three to 10, which will allow students to have more

dependable and frequent transportation. The increase in Inner Campus Shuttles should lead to a bus heading in each direction at each stop every five minutes. Menge said 80% of ridership among JMU-related bus routes takes place on campus.

“We want people to give us a try,” Daughtery said. “If they’ve never ridden transit, or if they’ve

ridden in the past and had a bad experience, this is something brand new, something way more frequent and something so easy to use.”

**CONTACT** Connor Murphy at [breezenews@gmail.com](mailto:breezenews@gmail.com). For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.

# MASSANUTTEN RESORT IS HIRING LIFEGUARDS

*Current American Red Cross Lifeguarding certification required.  
Training classes offered on-site!*

*Flexible Scheduling • Fun Workplace • Competitive Rates*



**Apply online at [massresortjobs.com](http://massresortjobs.com)**

**Water Attendant openings also available!**  
[MassResort.com/Aquatics](http://MassResort.com/Aquatics) | 540.289.4987



BREEZE FILE PHOTOS

# Planning a party? City officials likely to pass additional requirements

By **KATELYN WALTEMYER**  
*The Breeze*

Three new amendments were proposed for Harrisonburg's Mass Outdoor Social Gathering ordinance as a result of an annual meeting between the city's attorney and the Harrisonburg Police Department. The regulation, which was created about four years ago, outlines the rules that individuals must follow to host events with 100 or more people that will use sound amplifiers.

A preliminary approval for the amendments has already been issued, and council will decide on Aug. 27 whether to enforce the following guidelines: An event location that has received two or more violations within 12 months will no longer be qualified to obtain a new permit. Repeat offenders will be required to reapply for a permit, and pick-up and drop-off areas for attendees must be noted on the application.

The pick-up and drop-off areas were proposed to increase public safety. When a party ends, it's typical for the streets to flood with transportation providers, which can jeopardize the safety of those in the area, HPD Sgt. Chris Monahan said.

"Oftentimes, those vehicles that come to pick up are stopping in the middle of roadways, which not only obstructs traffic but is a safety concern for those entering or exiting their vehicles," Monahan said.

Michael Parks, Harrisonburg's director of communications, said the ordinance and its soon-to-be-passed amendments shouldn't stop anyone's social gatherings. Instead, he hopes these amendments will increase communication between the city and its locals.

"People shouldn't hesitate to contact us," Parks said. "It's not like we're going to come out and shut you down. And, you know, we want to work with you to make sure that you have a good experience and your neighbors have a good experience and everything stays safe."

Harrisonburg City Attorney Chris Brown said officers who attended the meeting

believed the relationship between locals and city officials was going "remarkably well." In turn, the amendments proposed are centered around increasing safety and communication between the two parties.

In an effort to provide more communication, HPD believes it's important to participate in outreach events, such as community walks where officers go door to door in local neighborhoods to introduce themselves and allow people to ask them questions. Monahan said events like these and rules such as the new proposed amendments, allows for everyone to be on the same page.

"I think a clear understanding of expectations from both sides, along with positive contacts, leads to better trust and more transparency," Monahan said.

The permits used to approve these "gatherings" have shown to be beneficial. In 2018, 65 permits were issued and zero received citations, Parks said. Besides the numbers, Brown believes the proposed amendments "lets everyone know what's expected of them" through continuous communication.

"Be very open with your communication to the city and HPD, and I think you'll get a positive response," Brown said.

HPD believes in using a balanced approach when it comes to large gatherings, meaning that those in the community are welcome to host such events with the understanding that it shouldn't pose as a safety concern.

"Ultimately, we have a responsibility as a police department to not only keep the community safe but also do our part to ensure that community members can enjoy a high quality of life," Monahan said. "I think with the balanced approach that we take. It helps keep the relationship strong not only with students but community members."

**CONTACT** Katelyn Waltemyer at [breezenews@gmail.com](mailto:breezenews@gmail.com). For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.



## The Frasure-Kruzel-Drew Memorial FELLOWSHIP

Open to college seniors, grad students and recent graduates

**APPLY  
NOW!**

**FULL TIME**  
2-Year PAID Position  
**WITH BENEFITS**  
Starts July 2020

Located in  
**WASHINGTON, D.C.**  
at the  
**U.S. DEPARTMENT  
OF STATE**

Career Development in  
**National Security**  
and  
**Humanitarian  
Assistance**

Potential overseas  
**TRAVEL**



Applications due **NOVEMBER 7, 2019**  
For more information visit: <http://jmu.edu/cisr>



*Welcome back*

**JMU**

**LIMITED SPACE AVAILABLE**

*Apply today*



**BRAND NEW CLUBHOUSES | RENOVATED APARTMENTS**

*Check us out!*

540.432.0600 | **live-thehills.com**



EDITOR Shanna Kelly EMAIL breezeopinion@gmail.com

@breezejmu

@TheBreezeOp

The Breeze

BreezeVideo

breezejmu.org

Thursday, August 22, 2019



SOPHIA CABANA | liberté



# D

ear freshmen,

Earlier this summer, JMU was named the best college in Virginia for post-graduation employment, according to the latest Zippia poll and data from the Department of Education. This bodes well for Dukes graduating this year and is also exciting to incoming freshmen because it reinforces that they made a good choice by choosing to attend JMU. Such data is certainly something to be proud of, but to all incoming freshman, I'm here to say something nobody else will: no positive rankings, statistics or data regarding JMU will actually help you if you spend all your weekday evenings binge-watching "The Office" and eating cheese puffs.

None of the positive recognition associated with this university will help any of you if you simply assume that it will and do nothing during your time here to earn that positive recognition or contribute to it. That's right, you wide-eyed, hopeful eighteen-year-olds: The future is yours for the taking, but only if you'll go out and grab it.

Employers take a degree from this university seriously because JMU students produce great work to earn those degrees and then take valuable skills and experiences to the workplace. That almost 95% employment rate is tied to the fact that 80% of JMU students do research, intern or do a practicum, and due to the fact that the academic curriculum of the university is so broad, giving students a chance to learn about many disciplines and specialize in almost anything. This university has been able to achieve so much only by having active, versatile students who

eagerly embrace opportunities to grow. In short, if the students at this university were to stop working hard and get apathetic about their intellectual and personal growth, this university's employment rate would plummet like an iron anvil in water.

Now, this is where you come in again, freshman: if you want to benefit from that wonderful employment rate by finding not only a job but a good job that's relevant to your education, and if you want to ensure that JMU still has a wonderful employment rate when your best friend's little cousin's sister comes here in a few years because she wants to be as cool and smart as you, it's entirely your job to take advantage of all the resources, research and practicum opportunities, professional-development events and potential internships or jobs that might possibly be within reach.

Now, you may be wondering what this looks like, so I'll elaborate. If you hear there's a career fair on the other side of campus and you have over an hour-and-a-half until your next class, you need to go to it and bring some copies of your resume. I don't care if you're a freshman and you think you won't need a job until three years from now: Go anyway. When you're there, practice shaking people's hands, look everyone in the eye and smile. Give out your resume and ask for criticism. Also, ask about internships for undergraduates.

If you have no idea how to do something, go to the Student Success Center. You can eat some pasta and cry

about your situation, and then you can shimmy over to one of the learning centers and do something to fix your situation. Plenty of students have been in that sort of mess, and they got out of it just fine. We all have strengths and weaknesses, so try not to beat yourself up too much.

If you're tired, rest. Then, get back up from your avalanche of pillows after an hour and finish what you have to do. Things will always seem overwhelming when they're not done yet. If you're hungry, eat. Just don't sit there on your phone watching three episodes of whatever show you like to watch while you scarf down your food without tasting it. Be mindful of how you spend your time. Have fun, but keep things in perspective. For the love of God, don't go to a party on a Tuesday night unless it's Halloween, and never do anything publicly in broad daylight on St. Patrick's Day that you wouldn't do any other day of the year.

I know it sounds scary, but I promise it isn't. You're going to make friends, you're going to genuinely enjoy being in some of your classes, you're going to have fun, you're going to learn all sorts of amazing things. You will leave here as a more confident and capable person than you are right now, but only if you want your own success enough to actually work for it.

Sophia Cabana is a senior history and independent scholars double-major. Contact Sophia at cabanasl@dukes.jmu.edu.

## Editorial Policies

The Breeze  
1598 S. Main Street  
Harrisonburg, VA 22801

The Breeze welcomes and encourages readers to voice their opinions through letters and guest columns. Letters must be no longer than 250 words. Guest columns must be no more than 650 words.

The Breeze reserves the right to edit submissions for length, grammar and if material is libelous, factually inaccurate or unclear. The Breeze assumes the rights to any published work. Opinions expressed in this page, with the exception of editorials, are not necessarily those of The Breeze or its staff.

Letters and guest columns should be submitted in print or via e-mail and must include name, phone number, major/year if author is a current student (or year of graduation), professional title (if applicable) and place of residence if author is not a JMU student.



# How to start the year off on the right foot

**MEGAN KLEPPER** | changing perspective



As another summer comes to an end, social media is flooding with students sharing their excitement about their adventures back to JMU's campus. Final days of summer allow students to begin the transition from the carefree summer to a busy and booked school year. Not only do assignments start to pile up quickly after school starts, but stress and

unhealthy habits do too.

It's easy to get stuck in a rut when one is doing, wearing and eating the same thing weekly. Most students have a routine they stick to every day, whether or not they mean to. This includes going to the library at a certain time, eating lunch with the same group of friends at D-Hall every Wednesday and going to Backcountry on Thursday nights. This rut can be formed early on and last until students go home for Thanksgiving break. It can be avoided if students make some changes to their daily lives at the beginning of the semester.

Prior to moving back to campus, students should look into getting a haircut or buying some new articles of clothing. If students have worn the same items every year of college, these new clothes will show a more modern and updated version of their style. Students will have an

opportunity to express how they feel and how they want to present themselves. A new wardrobe can also give students a lot more confidence. Confidence is key when beginning a new school year. Feeling good about oneself will inspire students to be the absolute best version of themselves. However, college students are also on a budget, and getting a new wardrobe is pricey. Students don't need to replace every old item of clothing to feel different. A new pair of shoes or a good pair of jeans can bring a lot more confidence than one would expect.

A problem some upperclassmen face is returning to the same room from the previous year. If a student didn't change apartments during the summer, they may not have the excitement that comes with a new place. However, students who stay in the same living situation are lucky. These students already know where to put and how to set up all of their belongings. They know whether or not it's comfortable to study in bed or better to study at the desk.

On the other hand, these students may be subject to the bad habits they obtained last year since their environment is the same. It's beneficial for students to clean and reorganize their rooms prior to the school year. Cleaning one's room can have benefits such as saving time, enabling one to find things easier and allowing clearer thoughts. Messy bedrooms can reflect a disorganized headspace,

but they can also reflect past experiences. If a student wants to forget and clear their mind of last year's events, they can start by cleaning up and throwing out old items in their apartment.

Bad habits are easy to obtain, but so are good ones. A new hairstyle may require waking up 10 minutes earlier for class, but once it becomes routine, students will find themselves waking up with ease. Students deciding to change their routines should heavily consider it and start by doing something as simple as putting up a new poster in their room. It's easy to get lost in a comfortable routine, but it may be hard to see the negative outcomes. Each student should start their year fresh by doing or replacing old items with new ones that help explain who they are. These items will then be a symbol of how they want to feel and act for the rest of the year.

Megan Klepper is a senior writing, rhetoric and technical communications major. Contact Megan at [kleppemc@dukes.jmu.edu](mailto:kleppemc@dukes.jmu.edu).



## Stormwater Pollution Prevention @ JMU

Put trash and other pollutants in its proper place, not in our waterways



# BEING THE CHANGE

For more information, or to report water quality issues, visit [www.jmu.edu/stormwater](http://www.jmu.edu/stormwater)



# Eight unforgettable JMU experiences

**RYANN SHEEHY** | question everything



The new school year is beginning, and a whole class of new faces will be calling JMU home before they know it. There's no doubt college can be overwhelming, especially in the first year. Getting acclimated can take a little bit, but there's no better way to feel right at home than experiencing all of JMU's traditions. Some upperclassmen may even need a reminder of a few of the things that make going to school in Harrisonburg so unique.

## 1 Watch the sunset

There are endless places to catch a beautiful sunset over the Blue Ridge Mountains. Grab a blanket and bring a picnic dinner to the grassy hills of East Campus, climb to the top of just about any parking deck — Warsaw is by far the best — or take a drive to the Shenandoah National Park and be one with nature as the sky begins to dim. Sunsets in the Shenandoah Valley are one-of-a-kind, and each one is different than the last. There are only four years to find the best spot and soak up the rays.



## 2 Go to a football game

It seems like a no-brainer: JMU's football team has won a national championship, and the excitement around football games is inescapable come fall semester. However, it's amazing how busy schedules can be and how easily the football season can slide by without attending a game. Need a reason to squeeze it into your schedule? JMU has already been named the CAA preseason favorite. Grab friends, fire up a tailgate and bring streamers — purple and gold only.



## 3 See a show at Forbes

JMU isn't just known for sports — it also boasts incredible theatre and music schools. There's a slew of shows to see throughout the year from plays and operas to music and dance concerts. Don't wait until that Music 200 course to take advantage of all the art JMU has to offer. With student discounts on tickets and talent that's out of this world, there's no excuse not to go.



## 4 Go to a movie at Grafton

There's a movie theater on campus that shows new feature films for free — that's all that needs to be said. Use dining dollars or Flex to purchase some popcorn and snacks from the vending machines, and join generations of students who have enjoyed movies in the walls of the Grafton-Stovall Theatre.



## 5 Eat ice cream at Kline's



It's a tradition that'll never die. Kline's ice cream is simply the best around. They have hand-scooped ice cream, milkshakes, malts, sundaes and more. Any of these treats make for great pick-me-ups when the semester gets rough. Make sure to grab a photo in front of the oh-so-cute neon sign too.

## 6 Explore the downtown restaurants

Face it: At some point, dining hall food is going to get old. When it does, there are so many delicious places to try in downtown Harrisonburg. Most restaurants also serve killer brunches. Find a few favorite spots and introduce them to the family on Parent's Weekend — they are the key to free, off-campus meals.



## 7 Shop at the Farmer's Market

Harrisonburg is full of local shops, and the Farmer's Market on Saturday morning is just another way to support the local businesses. It's a short walk from campus and a great way to be productive on the weekends. They don't just have produce either. One can find everything from local soaps to food truck brunch options.



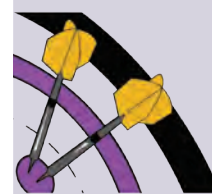
## 8 Swim at Blue Hole

Before the warm weather fades, make sure to take a trip to Blue Hole where the water runs deep, and there's fun to be had every weekend. There's something different about trekking to a watering hole in the forest that tops lounging by the Aspen Heights pool, so get up and get out before the leaves fall.



If none of these activities sound appealing — which would be hard to believe — try anything new and see what happens. College is about having new experiences, and no matter how cliché that might seem, it'll make all the difference in the world. Now, go have fun Dukes.

Ryann Sheehy is a junior theatre and media arts and design double major. Contact Ryann at sheehyr1@dukes.jmu.edu.



## DARTS & PATS

**Want to praise someone or get something off your chest? Darts & Pats is the place to do it. Submit your own at [breezejmu.org](http://breezejmu.org).**

A **"thank-you"** pat to the UREC employee who found the Beats earbuds I dropped and turned them into the lost-and-found.

*From a panicked Duke who has regained faith in humanity.*

A **"that's-so-cute"** pat to the family of ducks that was walking through the drive-thru.

*From someone who appreciates adorable animals.*

A **"you-should-know-better"** dart to the impatient Wendy's customer who spoke rudely to the cashier doing their best.

*From someone who doesn't appreciate rudeness.*

An **"are-you-kidding-me"** dart to the weather for being so poor during FROG week.

*From someone who just wanted a nice week back before classes start.*

A **"thanks-a-lot"** dart to the semi truck that cut me off on my drive back to JMU.

*From a driver who's patient until bad drivers get in the way.*

A **"this-is-so-sad"** dart to college for flying by.

*From a senior who's already getting sappy about her last year.*





# Dukes from day one, Alumni for life

**The JMU Alumni Association exists to celebrate alumni, preserve JMU's time honored traditions and be a Duke's lifelong connection to their alma mater.**

A common misconception is the JMU Alumni Association (JMUA) is only for Dukes who have graduated. But the reality is, even as a first-year student, it is never too early to start planning for your future. JMU Nation is made up of over 136,000 alumni located worldwide and one thing about JMU Alumni is that they LOVE helping out and connecting with fellow Dukes. The JMUA serves as the gateway for students to access the invaluable resource that is the JMU Nation.

**Here are some ways you can take advantage of the JMU Alumni Association:**

## **Uphold JMU traditions**

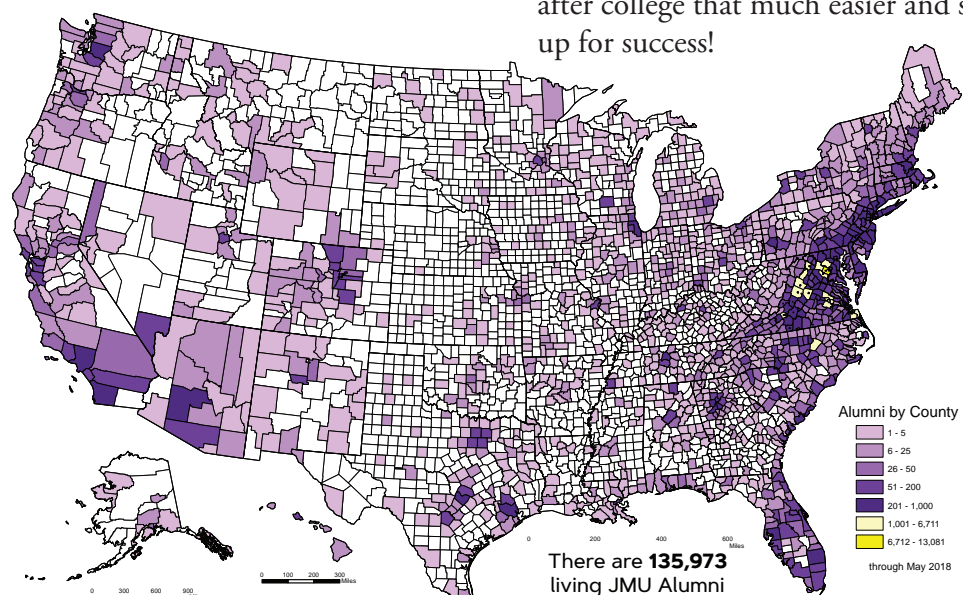
The JMUA serves as the tradition keeper for the university. Events like Homecoming, I Heart JMU Week and Senior Toast are hosted every year by the JMUA and will help make up your Madison Experience.

## **Network with alumni**

The JMUA provides opportunities for students to network with alumni and use them as a resource to find summer internships, be mentored by professionals in their field and form relationships that last far beyond your four years as a student.

## **JMU alumni are worldwide!**

The JMUA has more than 35 geographical alumni chapters located worldwide! Wherever life takes you, alumni chapters are a great way to stay connected to JMU and make connections with local alumni. Already having connections in the area can help make the transition during breaks and life after college that much easier and set your up for success!



Follow us to keep up to date on Alumni News   JMU Alumni Association  @JMUALumni  @JMUALumniassoc



# Making her mark

After realizing musical theater is her passion, Mackenzie Meadows decided to spend her summer performing shows at Hersheypark

By CAMRYN FINN  
The Breeze

Mackenzie Meadows looked out her bedroom window and was surprised to see the sun rising. She looked over at her clock: 6 a.m. She glanced at the three songs in front of her, and while she may have been a little tired after staying up all night writing down her thoughts before they disappeared, she wasn't too upset.

"When creativity hits, you just do it," the senior musical theatre major said. "It's just such a rush. [Writing] is my favorite thing to do, especially when I'm feeling inspired."

Meadows has been singing, dancing and writing music for as long as she can remember. When she was in high school, she stumbled upon musical theater and knew it was right for her. After she found out she could major in musical theatre at JMU, she was ecstatic. She's never looked back.

This summer, Meadows performed at Hersheypark in Hershey, Pennsylvania. She was a part of its new show, "Big Top Dreams." The performance tells the story of Annie, a sweeper at the circus who dreams of ditching her broom to become a star. The high-energy show is a little more than 20 minutes long and runs four times a day.

In "Big Top Dreams," Meadows performs as a swing, meaning she studies multiple major roles and performs them throughout the season. While it was nerve-racking, she remembers the excitement of going on stage for one of those roles.

"When we had to go in the first day of performances, it was just a rush," Meadows said. "Although it was difficult at first, I didn't realize how much I was learning just by watching it every day during the rehearsal process. It was honestly a little easier than I thought it was going to be every day, but it was still intimidating."

Desmond Montoya, a recent graduate of the University of Alabama, plays the Harlequin Clown in "Big Top Dreams." He explained that while performing multiple times a day can be exhausting, it also gives the performer artistic freedom to explore their characters.

"It's really fun to get out there for those 23 minutes and assess what you did and how maybe you want to try something different in the next show," Montoya said. "You really have the freedom to continue to make choices throughout the whole process."

Much like the main character in "Big Top Dreams," Meadows has always dreamed of becoming a star. She's been singing and writing ever since she can remember and knew she always wanted to be a performer. She views her music as

an emotional outlet to help her through hardships and troubled times.

This summer, Meadows released her first single, "Good for Me." Although she wrote the song in 2015 while still in high school, the message resonates with her all these years later.

"I wrote ['Good for Me'] in 2015 when a stupid boy from high school broke my heart," Meadows said. "I just remember it being one of the first songs that I wrote that really stuck with me, something that I was proud and something I really love. I'd written a bunch of other things, but that was just a full song, and it meant something to me."

Along with "Good for Me," she was able to record six additional songs last summer, which she plans on releasing in an EP around Christmas this year.



PHOTO COURTESY OF SHARON SIPLE

Meadows switches between flashy costumes and run-down attire.

She explained that being in the studio was a creative experience and that by the end of her sessions, it felt like home.

"It felt surreal, but it also felt so right," Meadows said. "I remember [thinking] this is where I'm supposed to be. I feel comfortable here. I feel comfortable to make mistakes. I just loved every second of it."

Al Gravina, a junior musical theatre major at JMU, is Meadows' close friend and her self-proclaimed No. 1 fan. He thinks her music can connect to a large audience and that it shows her versatility as a performer.

"I think what she's doing is really awesome and really cool because it's different than musical theater," Gravina said. "She really is passionate about it, and I've even heard some of her unreleased stuff, and I just think it is so awesome."

As Meadows starts her senior year, she's excited for what the future may hold. She wants her music to be impactful for her listeners and help them through tough times, just as her songwriting has done for her.

"I want to be the next Beyonce. That's all there is to it," Meadows said. "It sounds crazy, but I have known my entire life that that's what I want to do. I want to travel the world and have my songs mean something to someone because music has always been there for me, and it's my only true love."

**CONTACT** Camryn Finn at [finnce@dukes.jmu.edu](mailto:finnce@dukes.jmu.edu). For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze\_Culture.





PHOTO COURTESY OF PETER CHAN

Bobadachi owner Peter Chan ('11) strives to sell his reusable boba straws at various bubble tea locations.

## Harrisonburg Kung Fu Tea owner starts up reusable straw business to decrease plastic waste

By **VANESSA NIKOLIC**  
*The Breeze*

Customers at bubble tea shops often eagerly wait for their drinks to be made, looking forward to popping a straw in their cup and finally taking a sip of the tasty tea. However, many stores in recent months have eliminated plastic straws and started providing customers with alternatives. Alumnus Peter Chan ('11) came up with his own way for people to enjoy drinking bubble tea in an eco-friendly way.

Chan is a bubble tea enthusiast who grew up drinking the popular beverage while living in Taiwan. He eventually grew his passion and became an owner of Kung Fu Tea in Harrisonburg alongside his business partner and fellow JMU alumnus, Michael Wu ('11). Both Chan and Wu were graduates of the College of Business.

Wu's business plan for his COB 300 class was to create a bubble tea shop in his hometown of Annandale, Virginia, but it wasn't possible since a shop had already opened there.

Wu's plan became a reality years later when he opened his own Kung Fu Tea in Harrisonburg with Chan. He wanted to open his store at the birthplace of his business concept.

At Kung Fu Tea, Chan is in charge of handling the front-end operations. He focuses on building the brand at JMU, hiring and training employees and providing the best customer experience. Wu focuses

on back-end tasks like payroll, taxes and corporate communications.

While Chan still works as an owner at Kung Fu Tea, he now has a separate business. "Bobadachi" is built around a line of metal straws that are reusable and eco-friendly. They come in different colors, including silver, rose gold and rainbow.

Chan's love for boba influenced his creation of Bobadachi. He has displays of the metal straws at various bubble tea stores, and in exchange, shops get a profit out of each straw sold at that storefront.

With more and more cities beginning to ban plastic straws, Chan believes there'll be a greater demand for reusable straws, and he's confident that he started the business at the right time. He realizes that being a businessman comes with challenges, but he's ready to conquer any obstacle.

"You have to be very tough mentally, and you have to be able to think for yourself," Chan said. "As an entrepreneur, you really have to learn to self manage and be able to work in an unstructured environment. You really have to be passionate about what you do."

One of Chan's first tasks after deciding to start Bobadachi was figuring out what his logo would look like. He turned to his friend, Helen Li, a former graphic designer who still does freelance designs and illustrations.

see **BOBADACHI**, page 17

# Shenandoah Valley Music Festival

## SUMMER 2019 CONCERT DATES

at ORKNEY SPRINGS, VA

**AUGUST 31:**  
An Evening with  
Judy Collins

**SEPTEMBER 1:**  
Hot Strings & Cool Breezes Minifest  
featuring  
The Travelin' McCourys  
Sierra Hull & Justin Moses,  
and  
The Becky Buller Band

**A BIG THANK YOU TO OUR SPONSORS AND MEDIA PARTNERS!**

GOLD SPONSORS	MEDIA PARTNERS
First Bank	WBTV 102.1 FM/1470 AM
Shentel/Sprint	The Northern Virginia Daily
Loudoun Mutual/	The Daily News Record
LD&B Insurance & Financial Services	92.5 WINC FM/News Talk
	1400 AM & 104.9 FM
	Q102 Shenandoah Country
	WSIG 96.9 FM

**50 VIRGINIA IS FOR LOVERS**

**BUY TICKETS ONLINE AT MUSICFEST.ORG**



@breeze\_culture



@Breeze\_Culture



The Breeze



BreezeVideo

breezejmu.org

Thursday, August 22, 2019



# Vegetarian valor

JMU's Food For Thought club strives to bring animal-friendly and healthy eating awareness to dining locations on campus

By SARAH CONNOR  
The Breeze

Any Duke who enjoys E-Hall's dairy-free ice cream or almond milk in their Java Cafe coffee has the Food For Thought club to thank. Not only does it offer information and a sense of community for students interested in vegan and vegetarian diets, but the club also engages in environmentalism and animal rights.

"A big thing we always say is that the only requirement for our club is to have an open mind," co-president and senior political science major Becca Sabean said. "You don't have to be vegan or vegetarian. If you're just curious and if you're open-minded, we'd love to have a conversation with you."

The club's leaders use their organization to provide a community for those who follow plant-based diets. They also want to help incorporate those dietary options into JMU dining.

Sabean was prompted to cut meat and dairy from her diet when her ISAT professor, Eric Pappas, showed the video "Uprooting the Leading Causes of Death" in class. In this video, Michael Greger explains how the 15 leading causes of death are preventable by following a plant-based diet.

After watching, Sabean's vegan journey snowballed.

"It took a long time," Sabean said. "But I eventually just jumped in, and having that community at Food for Thought really helped me."

Many people initially begin a plant-based lifestyle for health reasons, but some stop eating animal products because they're

against animal cruelty or the environmental impact of meat farming.

"Initially, I did it for health reasons. I had done a lot of research on my own research on nutrition and read a lot of studies on meat and dairy consumption ... After becoming vegan, I went into the other stuff,

every semester and donate money raised from fundraisers to them. Peaceful Fields is a vegan animal sanctuary located in Winchester, Virginia, that provides a home for animals in need. The members don't just change their diet for the environment, but they also make their habits sustainable.



Outreach chair, sophomore psychology major Fadia Vergara shares her vegan experience with students.

like the environmental factors and animal welfare and decided to stick with it," senior dietetics major and co-president Rachel Ellsmore said.

Food for Thought is aware of these ethics and is active in doing its part. Members volunteer with the Peaceful Fields Sanctuary

"When we do our potlucks, we try to bring our own plates and dishes and cups so we are not creating more waste in the community," Ellsmore said. "If we have social gatherings, we will tell everyone to bring their own cup rather than using a red Solo Cup."

The club also collaborates with local

businesses like Bring Your Own, a company that creates reusable and non-disposable products such as bamboo utensils. They've had the owner speak at their meetings and advertise some of her products.

Food For Thought is influential in the decision-making for vegetarian and vegan options in JMU's dining facilities. The club meets with dining services every semester and works directly with dietitians and those in charge of sustainability to implement change and give feedback. Last year, it was able to get dairy-free milk in dining halls, and for the past two years, E-Hall has hosted vegetarian and vegan events every semester. JMU dining allows the club to set up tables, hand out flyers and hang posters with information about vegetarian and vegan alternatives.

"Last year, a lot of the policies in Harrisonburg changed on recycling, so I think we're trying to push more sustainability and sustainable ways of how the dining halls run with reusable containers and things like that," Sabean said.

For Dukes who are interested in veganism or vegetarianism, senior public policy and administration major Colin Turner suggests using the JMU dining website for assistance on where to eat on campus as well as joining Food For Thought.

"We're an inclusive group open to hear different perspectives and mindsets," Turner said.

**CONTACT** Sarah Connor at [connorse@dukes.jmu.edu](mailto:connorse@dukes.jmu.edu). For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze\_Culture.

@breeze\_culture

@Breeze\_Culture

The Breeze

BreezeVideo

[breezejmu.org](http://breezejmu.org)

Thursday, August 22, 2019

## SIGN EARLY AND SAVE!

### LIMITED LOW RATES AVAILABLE



JOE COFFEE BAR WITH  
COMPLIMENTARY  
STARBUCKS



24-HOUR JIM FITNESS  
CENTER



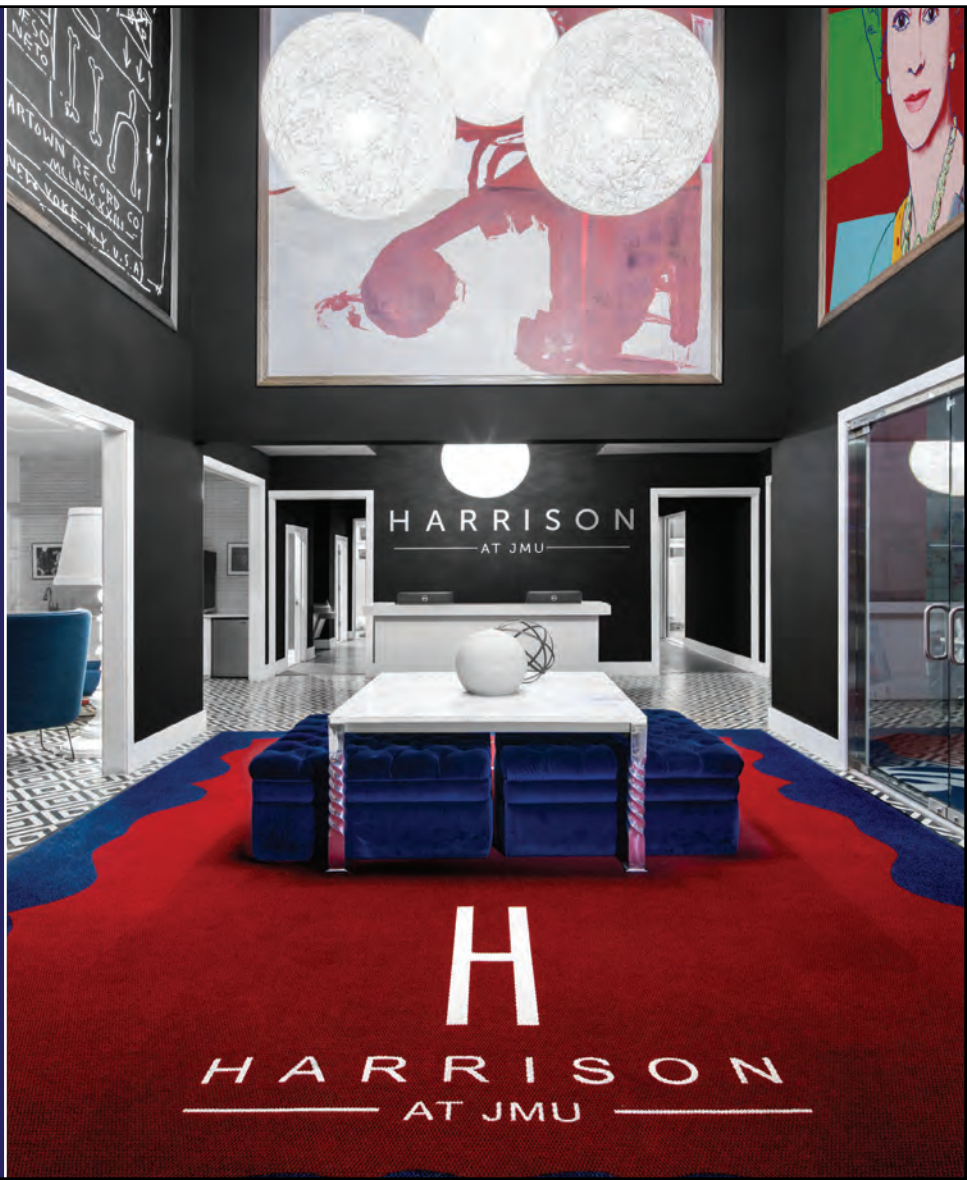
FULLY FURNISHED



PET FRIENDLY

*The Harrison*  
A Member Of The  
CLS AUTOGRAPH COLLECTION

A CAMPUS LIFE & STYLE COMMUNITY  
1191 Devon Lane | Harrisonburg, VA 22801  
540.432.1001 | [LiveTheHarrison.com](http://LiveTheHarrison.com)







PHOTOS COURTESY OF PETER CHAN

## BOBADACHI | Bubble tea fanatic offers eco-friendly metal straws with new startup

From page 15

"We came up with the idea of creating a posse of cute bubble tea characters," Li said. "I wanted the first character to be memorable, so I designed it with a distinct silhouette, cute features and bright colors."

While Chan worked on getting Bobadachi up and running, Wu stuck by his friend's side and supported his personal business venture. He believes that Chan is a strong businessman. "Nothing beats Peter's passion for bubble tea and everything affiliated with it," Wu said. "Peter would stay up all night working on his business plan and strategy. He would do whatever it takes to make it successful."

Now, Chan's main focus is to introduce his brand to more people and educate them on the benefits of reusable straws. Chan has his friends help him with promoting his business.

Senior interdisciplinary liberal studies major Janine Lorenzo helps Chan spread the word about Bobadachi. She's a regular customer at Kung Fu Tea and continues to support Chan's

business endeavors.

"I think it's a great idea because metal straws are great in helping reduce plastic waste," Lorenzo said. "It's eco-friendly, you get a 5% discount on your drink for using it at the Harrisonburg location, and it works just as well, if not better, as the plastic straws they have at Kung Fu Tea."

Currently, Chan's metal straws are only found at certain bubble tea shops, but he hopes to expand into an e-commerce model and sell his straws on a digital storefront. He plans to start selling other accessories like cup holders and tumblers, which he thinks will give customers the full bubble tea experience.

"Something important for any job is to be really passionate about what you do," Chan said. "And for me, I love bubble tea. I love anything bubble tea-related, so this is kind of a perfect fit for me."

"Nothing beats Peter's passion for bubble tea and everything affiliated with it."

**Michael Wu**

**CONTACT** Vanessa Nikolic at [nikolixv@dukes.jmu.edu](mailto:nikolixv@dukes.jmu.edu). For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze\_Culture.



Chan's new business and friendly character helps customers like Katelynn Chee reduce plastic waste.



## AUTHENTIC ITALIAN CUISINE

In Italian, "Tutti Gusti" means "all flavors" and for ten years, we have been proudly serving the city of Harrisonburg and James Madison University with all the flavors of authentic Italian cuisine, delivered with fast and friendly service and great value for your money. We invite you to take a seat at our table or yours and enjoy all the flavors we have to offer.

**PIZZA - SUBS - PASTA - HAMBURGERS**

Located at

**1326 Hillside Avenue  
Harrisonburg, VA 22801**  
Off Port Republic Road, next to Starbucks

Order online at

**[www.tuttigusti.us](http://www.tuttigusti.us)**

Or contact us at

**(540) 434-6177**

**FREE WiFi @ Restaurant and FREE DELIVERY**

**Catering Available for All Occasions**

## ALL-NEW HOURS

**M-W: 10am-11pm  
Th-Sat: 10am-3am  
Sun: 10am-1am**

**Ask about our  
JMU specials!**

*Hours can vary in the Summer.  
Minimum for Delivery: \$6.00*



@breeze\_culture



@Breeze\_Culture



The Breeze



BreezeVideo



[breezejmu.org](http://breezejmu.org)



Thursday, August 22, 2019



EDITORS Catie Harper &amp; Noah Ziegler EMAIL breezesports@gmail.com



TRISTAN LOREI / THE BREEZE

# In with the new

## JMU football updates turf field ahead of 2019 season

By CATIE HARPER  
The Breeze

As the JMU football team neared its kickoff against Delaware during the first round of the 2018 FCS Playoffs, it wasn't clear if the field would be ready for the matchup.

Leading up to the 3 p.m. start of the Nov. 24 meeting between the two CAA programs, rain hammered the Harrisonburg area. There hadn't been many breaks in the weather, leaving little time for the water to drain. As Dukes and Blue Hens went on the field for warmups, JMU Athletics wondered if the pooling water would be too dangerous to play in. While a delay wasn't implemented, the field's quality prior to the game highlighted an issue to fix.

Not even six months after JMU defeated Delaware 20-6 on that rainy Saturday, JMU Athletics announced its decision to replace the synthetic field with the newest version made by FieldTurf. The field in Bridgeforth Stadium was last replaced in 2013, which was also a FieldTurf surface. The FieldTurf Revolution 360 surface and installation totaled \$675,885.

"One of the true benefits of having ... a synthetic field is that it's porous throughout [and] drains really well," Assistant A.D. for Facilities and Events Ty Phillips said. "That had been the condition of that field through the first several years of its life, but then over the last couple years, you start to see the water filtration not working as well."

The May project was carried out by Carolina Green Corp., which Phillips said has done a significant amount of work on fields in the

Mid-Atlantic region. Carolina Green has also worked with JMU to help replace the field hockey and softball surfaces. The company will also replace Eagle Field at Veterans Memorial Park in 2020.

"As a result of the full scope of activities that occur in Bridgeforth Stadium, there has been significant wear and tear on the Zane Showker Field surface," JMU Director of Athletics Jeff Bourne said in a statement announcing the new field in May. "This will place our student-athletes in a better position to succeed in preparation and performance while also adding an updated, aesthetically-pleasing branded look to our facility."

In order for JMU to get as much use out of the new field as possible, the drainage issue that fans saw firsthand back in November needed to be addressed. According to documents received by The Breeze through a Freedom of Information Act request, the field had a filtration rate much lower than it needed to be.

The documents suggested that synthetic fields drain at a rate of 10 to 12 inches per hour, but Zane Showker Field had a filtration rate of 0.67 inches per hour.

To speed up the turf's filtration in time for the

2019 football season and be cost-effective, JMU decided to keep the stone base that was already there and add in more drains across the surface.

"Basically, what happened is [an engineering group] put in additional gutter systems to augment what's there," Phillips said. "And a different additional stone base that ... allows for better drainage within the turf. So, we basically have twice the drainage that was out there previously."

Along with improved filtration rates, the new surface also includes updates to its logos and markings. JMU Athletics rebranded back in January 2017, but it cost too much to only update the markings. The need for an entirely new field allowed for the upgrade. The field now has the updated logo at



CATIE HARPER / THE BREEZE

Before a game on Nov. 24, the field began to puddle.

midfield — which was previously Duke Dog — and the endzone now reads "James Madison" instead of "Madison" while also featuring the word "Dukes" on the sidelines along with purple and gold markings.

Kevin Warner, JMU Athletics' assistant athletic director for communications, said in an email that the new field doesn't only affect the student-athletes who use it. It also becomes important for

the university. The new surface, Warner said, is also "far-reaching" from a branding standpoint.

"A branded design can give an impression in terms of pride for our program, our school and our colors," Warner said in an email. "It is one of the most visible impacts for anyone visiting our facilities, whether that's a fan, donor, prospective athlete, student or anyone else. For many sports, there is also a significant impact for watching on television or a digital stream, as well as photography or social media content emanating from an event."

As JMU football enters the 2019 season, JMU Athletics also enters a new eight-year warranty period with FieldTurf for its new synthetic field. The warranty helps protect JMU if there are any manufacturer errors during the first eight years following the construction.

For Phillips and the rest of JMU Athletics, the hope is that the field lasts beyond the first eight years — especially after fixing the filtration issue.

"We're very hopeful that we will get eight years of really good usage out of this field," Phillips said. "Maybe in extreme cases, you don't get quite eight years out of something, but generally speaking, eight years is a really kind of standard ... As we kind of forecast ahead, we'll be thinking ahead for the future for the next replacement, but we have some time before we have to think about that."

**CONTACT** Catie Harper at breezesports@gmail.com. For more football coverage, follow the sports desk on Twitter at @TheBreezeSports.



BREEZE FILE PHOTO



# Back for more

## Redshirt senior to return as starting quarterback

**By CATIE HARPER & NOAH ZIEGLER**  
*The Breeze*

The wait is over for JMU football fans. Following Tuesday's practice, head coach Curt Cignetti named redshirt senior Ben DiNucci as the starting quarterback for the Dukes. DiNucci started every game of the 2018 season.

"He's done a good job," Cignetti said. "I have total confidence and trust in him. He's played a lot of football ... He's done a good job with his decision making."

Throughout the first two weeks of fall camp, DiNucci has taken the most reps with the first-team offense, while redshirt junior Cole Johnson has played with the second team.

Cignetti noted the importance of Johnson being ready in case of injury.

"Cole's really progressed, too. He's a really good down-the-field and intermediate passer," Cignetti said. "He's a good decision maker, doesn't get flustered. He moves a lot better than people give him credit for."

In 2018, DiNucci strung together a performance that saw him named to Third Team All-CAA in his first year with the Dukes. In 2018, the Wexford, Pennsylvania, native recorded 2,275 yards through the air for 16 touchdowns. DiNucci also contributed 433 yards rushing and nine touchdowns, which was the highest on the team. In 13 games last season, DiNucci posted a 139.5 passer rating.

DiNucci was named to the College Football Performance Awards FCS National Performer of the Year Watch List on Aug. 13 and hopes to have a strong presence for the Dukes under center.

"The main thing is we're not asking the quarterback to carry the team on his shoulders," Cignetti said. "We're going to have an offensive plan, a defensive plan and a special teams plan to win the game ... We're not asking Ben to carry the team; we just want him to play quarterback for us, make good decisions, protect the ball and complete the passes he should."

**CONTACT** Catie Harper and Noah Ziegler at breezesports@gmail.com. For more football coverage, follow the sports desk on Twitter at @TheBreezeSports.

@thebreesports  
@TheBreezeSports

# DANCE & COMPANY



classes begin Sept. 9th  
register at [www.dancenco.com](http://www.dancenco.com)  
6 weeks: \$59 – 10 weeks: \$90 – 1 year: \$298

**OPEN HOUSE**  
Sept. 6th, 7-9 pm

### CLASSICAL BALLET

Adult Beg./Int. Ballet  
Thursday 7:30-8:30  
Adv. Ballet & Pointe (level 9/10)  
Mon. 6:45-8:15 & Thurs. 5-6:30

### MODERN DANCE

Adult Lunchtime Sampler  
(various styles)  
Monday 12:15-1  
Adv. Modern (level 10)  
Tuesday 7:30-8:30  
Adv. Lyrical  
Wednesday 5-6

### CULTURAL DANCE

Stepping  
Thursday 8-9  
Beg. Irish Step  
Wednesday 7-8

### TAP & MUSICAL STAGE

Beg. Adult Tap  
Monday 8:15-9:15  
Adv. Adult Tap  
Thursday 6:30-7:30  
Adv. Musical Stage (level 9/10)  
Monday 8:15-9:15

### JAZZ & HIP-HOP

Adv. Jazz (level 10)  
Wednesday 6-7  
Adv. Hip Hop (level 9/10)  
Tuesday 8:30-9:30  
Adult Sampler  
(modern / jazz / hip-hop)  
Tuesday 8:15-9:15

full schedule  
online at  
[www.dancenco.com](http://www.dancenco.com)



115 South Main Street  
Harrisonburg, VA  
(540) 433 - 7127  
[dancencompany@gmail.com](mailto:dancencompany@gmail.com)

# Women's Health Care Focused on You

- GYN Care
- Next Day Appointments
- Abortion Services
- Free Pregnancy Testing
- STD Testing
- Walk In Emergency Contraceptive

**Give us a call at**  
**(434) 973-4888**

2321 Commonwealth Dr.  
Charlottesville, VA 22901  
[www.wholewomanshealth.com](http://www.wholewomanshealth.com)



Whole Woman's Health of Charlottesville



The Breeze  
BreezeVideo  
[breezejmu.org](http://breezejmu.org)  
Thursday, August 22, 2019



# Opinion | USA will be fine, even with NBA stars opting out

ALEX RAPHAEL  
The Breeze

The FIBA Basketball World Cup will be held in Beijing, China, and the United States' team has been the center of attention as the opening tip-off for the global event. Two-time defending champion USA is looking to be the first team to win three consecutive FIBA World Cups.

But the road to victory this year won't be as easy as it's been in the past when numerous NBA stars elected to sit out the tournament. While it's a high honor to wear one's country's name across their uniform as a player selected to participate, declining an invitation to play is a smart decision from the athlete's standpoint.

Being on the U.S. squad isn't beneficial for many of the NBA's top-tier players. Since they've established themselves, they're increasingly aware of the importance of managing their bodies for the NBA season. Playing in this tournament is risky for players, as injuries are always a possibility. Look no further than Team USA's Las Vegas scrimmage in 2014 where Paul George broke his leg. Rest and recovery also play a factor, as NBA training camp begins a couple of weeks after the tournament's final on Sept. 15.

This isn't the biggest stage on which Team USA basketball plays. It's not as appealing to players as the Summer Olympics, which only comes around every four years. The Tokyo Summer Olympics will be held in 2020, and participation remains a prestigious honor. This opens the door for teams like Spain or Greece — both with talented NBA players — to make a run at the FIBA title. Meanwhile, the U.S. team will be depleted of its many All-Star players.

Each player has their own reason for not wanting to be on team USA, with the primary concern being load management. Players are more focused on the upcoming NBA season. All-NBA talents James Harden, Anthony Davis and Damian Lillard have withdrawn from the Team USA roster. Added to that list are high-level players such as Tobias Harris, Bradley Beal, C.J. McCollum, DeMar DeRozan, JJ Redick and Eric Gordon.

Anthony Davis is focused on the upcoming campaign with his new Lakers team, according to Yahoo Sports. Bradley Beal and his wife are expecting their second child during the dates for the tournament. No. 1 overall draft pick Zion Williamson will also not suit up for Team USA. In Williamson's case, he's dealing with a legal issue and is priming his body for his debut season in the NBA.

see **USA**, page 21



COURTESY OF TRIBUNE NEWS SERVICE

**Damian Lillard decided not to join Team USA.**



BREEZE FILE PHOTO

## Unfinished business

### JMU men's soccer adjusts to life as a top-ranked program

By NOAH ZIEGLER  
The Breeze

When the clock ticked down to zero and JMU men's soccer's season came to an end against Michigan State, there was a different feeling than previous seasons. The Dukes had earned national attention and danced to the Elite Eight, falling just short of a College Cup bid.

First to fall was High Point. Then, JMU shocked No. 5 UNC and No. 12 Virginia Tech. The impressive play from the Dukes turned questions of how they got to that point into how far they could go. Despite losing 2-1 to Michigan State in the quarterfinals — a game where JMU held a 1-0 lead — the standard has been set for the program.

After a strong campaign in 2018, this past spring was a reality check. An Elite Eight appearance isn't enough for them — they want the grand prize of college soccer. When they began practice in the winter, they found themselves working hard for more.

That came with a price. "It was a very hard spring; it was probably one of the hardest I've ever been apart of," redshirt junior forward Carson Jeffris said. "I think that really gave us a sense of what it was going to be like to maintain our current status of a top-tier program. I think the guys realized going into summer that we're going to have to bust our butts to make sure we're ready in the fall to compete."

The spring season for collegiate soccer is there to help teams work through certain aspects of the game, such as positional battles, placing players in different areas of the pitch and maintaining match fitness. With the recent success of the program, an emphasis has been placed on proper preparation, and that starts with continued success into the preseason.

"To be honest, some of the guys struggled because they wanted to be so good in the spring," Zazenski said. "They'd be pressing and doing things they normally wouldn't, so I think it's a little bit of buying into what got us there in the first place and replicating that, and then doing it with a new set of players and a new team. It's going to be a completely different team."

JMU's in good hands going into the 2019 regular season. With Zazenski entering his second season as head coach and numerous key players from the 2018 campaign returning, the Dukes have the components for another successful year.

Jeffris, who had eight goals and four assists in 2018, played for GPS Portland Phoenix in the USL League Two. He scored five goals and played alongside JMU teammate redshirt junior goalkeeper TJ Bush, who posted an .829 save percentage in seven matches.

The Dukes' leading scorer from last season, senior midfielder Manuel Ferriol, also appeared in the USL League Two. Showcasing for the Long Island Rough Riders, the Spaniard had five goals

and four assists.

Even with successful play in the summer, JMU enters the 2019 season a likely preseason CAA favorite. When it won the CAA regular-season title in 2017 and failed to win the CAA tournament, the team felt they still hadn't achieved its ultimate goal. Now, as they sit atop the conference having a deep postseason run to their name, their opponents will likely circle JMU on their calendars.

"We have a target on our back now, which is something that we haven't had before," Bush said. "Going into the NCAA tournament, everyone was like, 'Who's JMU?' and not taking us seriously, but now, I think the roles have changed a little bit. We still think of ourselves as the underdog, but really, that's not necessarily the case anymore."

With a few weeks remaining until the Dukes travel to Florida to open the season against Florida Atlantic, the 2019 season is important to the men's soccer program. The spring season posed tough questions, but with a veteran presence in the locker room and a winning mentality, JMU is primed to be in the midst of NCAA title contention come fall.

"It starts with being CAA champions once again," Zazenski said. "That should always be our first goal."

**CONTACT** Noah Ziegler at breezesports@gmail.com. For more soccer coverage, follow the sports desk on Twitter @TheBreezeSports.



# USA | 'Overall, the rewards for the elite NBA players simply don't outweigh the risks'

from page 20

The most recent de-commitments are five-time All-Star Kyle Lowry, two-time All-Star Andre Drummond and Montrezl Harrell.

Team USA fans may be fearful that the roster doesn't have the dynamic style of play to dominate the way they've done in years past. But even with the significant number of top-flight players not accepting the invitation to be coached by Gregg Popovich in China, the team is still in talented hands. Kemba Walker, Khris Middleton, Kevin Love, Paul Millsap, Brook Lopez, Mason Plumlee and P.J. Tucker will likely be on the roster to grace the court in Beijing. Rising stars like Donovan Mitchell, Jayson Tatum and Kyle Kuzma highlight the remainder of the roster. This "B-Team" is deep and well balanced, which should make for exciting tournament play.

Overall, the rewards for the elite NBA players simply don't outweigh the risks. This is the right choice since sitting out allows them to manage their offseason play at a time where the FIBA World Cup and the Olympics will be held in back-to-back summers. Without many superstars on Team USA's roster, the road to success won't be

as easily navigated as the previous two years. Nevertheless, the team is laced with talented performers, many of whom will be getting their first chance to play basketball on the world stage.

This will be a positive result for both the NBA and USA Basketball, as the younger players get the opportunity to show their skills on the worldwide stage and develop their game even more. This is a great challenge, too, for the first-time USA head coach Gregg Popovich to put together a cohesive and successful team without most of the NBA's biggest American stars.

The choice of NBA superstars to not play for USA Basketball in the FIBA World Cup shouldn't be too destructive for the 12-man roster the coaching staff had to assemble by August 17. Going forward, expect to see players continue to opt out, to preserve their careers in the grueling and physically demanding world of the NBA.

**CONTACT** Alex Raphael at [raphaeac@dukes.jmu.edu](mailto:raphaeac@dukes.jmu.edu). For more basketball coverage, follow the sports desk on Twitter @TheBreezeSports.



Anthony Davis wants to focus on preparing for the 2019-20 season.

PHOTOS COURTESY OF TRIBUNE NEWS SERVICE



Bradley Beal averaged 25.6 points and 5.5 assists per game in 2018-19.



## Exceptional Sandwiches served on House-made Sourdough

made-from-scratch salads, soups, sides, and sweets

local, seasonal food & finely curated market

\*delivery available\*

540.217.2494 // [www.grayjayprovisions.com](http://www.grayjayprovisions.com)

MON – FRI: 11AM – 7PM // SAT – SUN: CLOSED

1311 SOUTH HIGH STREET, HARRISONBURG, VA, 22801



@thebreezesports



@TheBreezeSports



The Breeze



BreezeVideo

[breezejmu.org](http://breezejmu.org)

Thursday, August 22, 2019





### **BENEFITS INCLUDE:**

- **SDC 2019 PULL-OVER**
- **EXCLUSIVE SEATING & ACCESS OPPORTUNITIES AT JMU SPORTING EVENTS**
- **EARLY ACCESS TO PREMIER EVENTS**
- **EXCLUSIVE APPAREL**
- **DUKE CLUB BONUS POINT ALLOCATION**
- **JMU NETWORKING OPPORTUNITIES**
- **STUDENT DUKE CLUB DISCOUNT CARD**



**JMU**

**VS.**



## **WEST VIRGINIA BUS TRIP**

**AUGUST 31, 2019**

**FREE FOR  
STUDENT DUKE CLUB  
MEMBERS WITH THE  
PURCHASE OF A  
GAME TICKET**

**TO REGISTER AND MAKE YOUR  
\$25 DONATION, VISIT  
JMUTICKETS.COM**



**FOR QUESTIONS, CONTACT THE JMU DUKE CLUB AT (540) 568-6461 OR DUKECLUB@JMU.EDU**



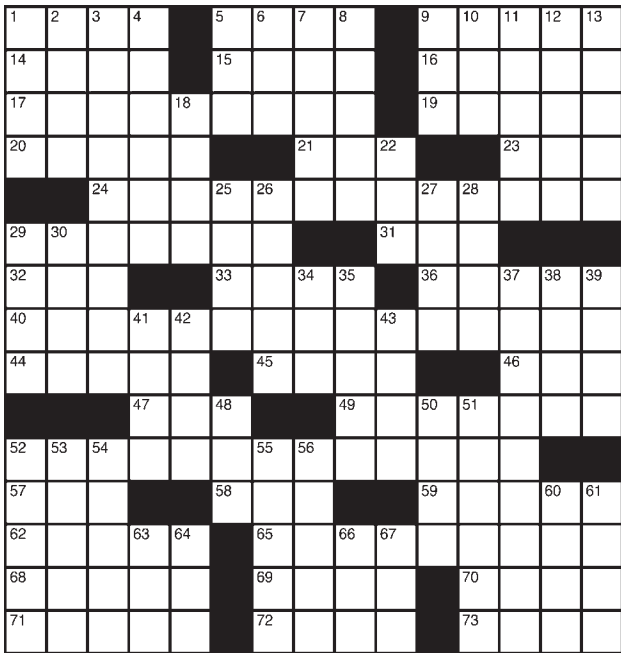
FOR RELEASE AUGUST 22, 2019

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

- 1 Suggestions, informally  
5 Many 40-Across works  
9 Supplement  
14 Monsieur's mine  
15 Champagne designation  
16 React to a loss  
17 \*Watch  
19 Palestinian leader Mahmoud  
20 Childish comeback  
21 Increase, with "up"  
23 Simian  
24 \*Jazzman Fats Waller, style-wise  
29 "St. Louis Blues" composer  
31 Huntsville's home: Abbr.  
32 Nitrogen-based dye  
33 Turow book set at Harvard  
36 Quaking tree  
40 "Boulevard Montmartre" series painter  
44 Krispy \_\_\_  
45 Room in una casa  
46 \_\_\_ bran  
47 Corn unit  
49 Sisters on whom "Little Women" was loosely based  
52 \*Understand  
57 It may be inflated  
58 Not bright  
59 Dreadlocks wearer  
62 Golfer with an "army"  
65 Quake's origin, and a feature of the answers to starred clues  
68 Walks unsteadily  
69 Make over  
70 "Star Trek" creator  
71 Roddenberry  
72 Word with dash or happy  
73 Novelist Ferber



By Winston Emmons

8/22/19

DOWN

- 1 Female rodent, to Fernando  
2 Arab chieftain  
3 Returns  
4 Afternoon break  
5 Kimono sash  
6 Anger  
7 "Filthy" moolah  
8 Expensive  
9 Physicians' gp.  
10 Bio info  
11 City with the world's tallest building  
12 Snares  
13 Kickoff  
18 Dirty work?  
22 By way of  
25 Object of much reverence  
26 Newton fractions  
27 Rueful word  
28 Voyager org.  
29 Eccentric  
30 Überauthority  
34 "Learn about the UV Index" org.  
35 Pastel shade  
37 Voiced one's opposition  
38 Logician's "E"  
39 Forget-me-\_\_\_  
41 "How \_\_\_ Your Mother"

Wednesday's Puzzle Solved

A	R	M			M	S	G		A	K	I	T	A	
W	O	E	S		R	A	P	A		L	E	M	O	N
A	N	T	E		H	O	L	I	D	A	Y	I	N	N
S	C	O	T		O	R	A	T	E		E	S	S	E
H	O	O	F	E	D	I	T		L	A	D	S		
				E	V	A			R	E	L	I	E	V
E	M	C	E	E		H	E	A	T	I	N	D	E	X
C	E	O			B	E	L	I	E			I	S	P
H	A	L	E	I	R	W	I	N		M	O	T	T	O
O	L	D	P	R	O	S			A	R	K			
			F	I	A	T		H	O	T	I	S	S	U
C	A	R	T		H	O	O	T	S		U	L	N	A
A	L	O	H	A	S	T	A	T	E		R	I	M	S
R	E	N	E	W		B	R	E	A		E	P	E	E
B	E	T	T	E		S	Y	R			S	T	L	

©2019 Tribune Content Agency, LLC

8/22/19

- 42 "Troublemaker: Surviving Hollywood and Scientology" memoirist Remini  
43 Brine has a lot of it  
48 Signal to stop  
50 Virologist's goal  
51 Creamsicle flavor  
52 Gets ready, with "up"  
53 Long-billed wader  
54 Copier cartridge  
55 Places to tie up  
56 Drive  
60 Miss. neighbor  
61 Plane measurement  
63 Martinique, par exemple  
64 Clairvoyant's claim  
66 Journalist Tarbell  
67 Steal, in slang

MADISON MARKETPLACE

Madison Marketplace is open for business, and all text-only listings are **FREE!** Post job listings, announcements, rentals and more using our online placement tool. Ads run two weeks online and in two print editions.

FOR SALE

**Desk and shelf unit for sale**  
Oak Desk and shelf unit for sale. Adjustable space saver desk slides onto shelf unit. Has light on upper shelf. Great for a student. 540-271-7557.

SERVICES

**Free Horse Boarding**  
In exchange for work or riding privileges. Only 7 miles from JMU campus. 540-383-3320.

JOBS

**Drivers Wanted**  
Come join the team delivering the best pizza in town! Chanello's Pizza has been serving JMU since 1998. Drivers should be 18yo with reliable car, insurance and clean driving record. You will take cash home every night plus receive a paycheck every two weeks. Earning at least \$100 a night is common while averaging \$14-\$20/hr. MUST be available late nights (2 a.m. daily, 3:30 a.m. Fri/Sat) and required to work at least one weekend night per week. Apply to chanellospizzajmu@gmail.com.

**Customer Service Reps Wanted**  
Come help the team that's been serving JMU since 1998. Seeking upbeat, high energy applicants to process phone orders using our POS system. Learn all the steps required to make delicious pizza, subs and wings! Live on campus and need transportation? We will take you to and from work! MUST be available late nights (2 a.m. daily, 3:30 a.m. Fri/Sat) and required to work at least one weekend night per week. Apply to chanellospizzajmu@gmail.com.

Assisted Living Floor Aides Needed

White Birch Communities is now hiring for part-time evening and night floor aide positions. We will train the right candidate. Every other weekend is required. This job is perfect for nursing students who desire to gain experience in caring for people. Apply online at [www.whitebirchcommunities.com](http://www.whitebirchcommunities.com) or call 540-879-9699.

Van/Car Driver with Harrisonburg Department of Public Transportation

The City of Harrisonburg is seeking individuals interested in a full-time, benefits-eligible Van/Car Driver position to transport students. To find out more and apply online, visit <https://www.harrisonburgva.gov/employment>. EOE.

Full-Time School Bus Drivers

The City of Harrisonburg is seeking applications for full-time School Bus Drivers. To find out more and apply online, visit <https://www.harrisonburgva.gov/employment>. EOE.

911 Emergency Communicators Needed

The Harrisonburg-Rockingham Emergency Communications Center (HRECC) is seeking applicants for full-time and part-time 911 Emergency Communicators. To find out more and apply online, visit [hrecc.org/employment](http://hrecc.org/employment). The HRECC & City are Equal Opportunity Employers.

Create YouTube Videos

Create YouTube videos of about 1-2 minutes in length to highlight our product. This work can be done initially in our offices in downtown Harrisonburg or can be done independently from home. Hours are flexible. \$11-\$13 per hour or by the job. Contact [randallsee@quicksourcelearning.com](mailto:randallsee@quicksourcelearning.com).

Writer of Reference Guides

Write 6-page reference guides for popular software applications and other business topics. No advanced knowledge is required, though some aptitude picking up new software is desirable. Hours are flexible. \$11-\$13 an hour or by the job. Contact [randallsee@quicksourcelearning.com](mailto:randallsee@quicksourcelearning.com)

HOUSING

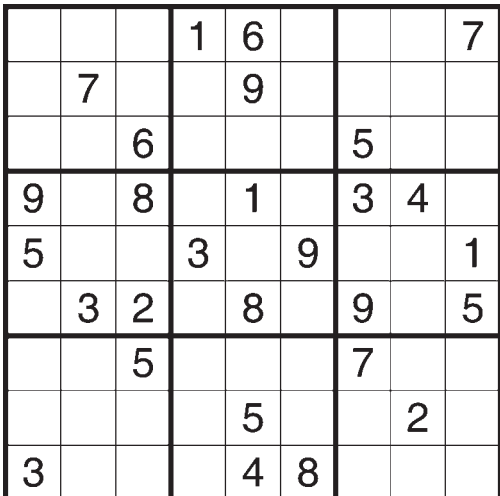
Share Home

Looking for graduate or older student to share 3 bedroom, 2 bathroom home with 1 artist, 1 dog and 2 cats. Located in Harrisonburg about 5 minutes from campus. \$400/month with \$150 nonreturnable deposit. Full kitchen, laundry, parking privileges. Text 540-560-1285.

BreezeJMU.org/classifieds

SUDOKU

THE SAMURAI OF PUZZLES By The Mephram Group



Level



Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, please visit [sudoku.org.uk](http://sudoku.org.uk)

Solution to Wednesday's puzzle

2	3	1	9	8	5	6	4	7
4	5	7	6	1	2	3	9	8
8	9	6	7	4	3	1	2	5
3	8	5	1	2	9	4	7	6
6	2	4	5	7	8	9	3	1
1	7	9	4	3	6	8	5	2
9	1	8	2	5	4	7	6	3
7	6	2	3	9	1	5	8	4
5	4	3	8	6	7	2	1	9

8/22/19

© 2019 The Mephram Group. Distributed by Tribune Content Agency. All rights reserved.



# Bojangle's

## EAT LIKE A DUKE.

### 8 PC. TAILGATE SPECIAL

8 pc chicken, 4 biscuits,  
2 picnic fixin's, 1/2 gallon iced tea

# \$19<sup>99</sup>



1880 Port Republic Rd.  
Harrisonburg, VA 22801

Offer good through 12/31/19 at participating locations only.  
Please present coupon before ordering. Not good with any other offer or coupon.  
Extra charge for breast piece substitutions. Limit one coupon per customer.



The Breeze



# *And so it begins*

JMU football aims to improve  
after falling short last season





# Your one-stop shop

Printing, graphic design, shipping, passport photos and more...

You can count on us for the products and services you need such as printing, document finishing, passport photos, packing, shipping, notary services and more. Visit our locally owned location for more information.

***GO DUKES!!!***

**united problem solvers™**

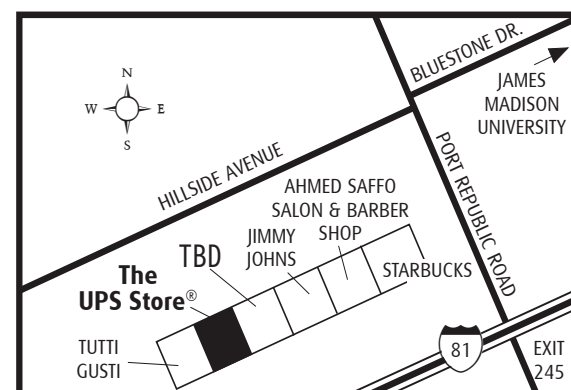
**The UPS Store** 

## JM Square

1322 Hillside Ave  
(Across from JMU, next to Starbucks)  
Harrisonburg, VA 22801  
540.434.9400  
store6595@theupsstore.com

## Hours:

**Mon - Fri** 8:00 AM - 6:30 PM  
**Sat** 9:00 AM - 3:00 PM  
**Sun** Noon - 4:00 PM





# ***What's inside...***

- 4.** Veterans provide boost on offense
- 6.** Special teams aims for upbeat attitude
- 9.** Defense's chemistry shines on field
- 12.** A look back at the best photos of 2018
- 18.** The life of a transfer coming to JMU
- 22.** Breaking down the CAA

**The Breeze**  
Serving James Madison University Since 1922

1598 S. Main St.  
Harrisonburg, VA 22801  
**PHONE:** 540-568-6127  
**FAX:** 540-568-7889

## **Football Preview Staff**

EDITOR-IN-CHIEF

*Abby Church*

MANAGING EDITOR-PRINT

*Shanna Kelly*

SPORTS EDITORS

*Catie Harper & Noah Ziegler*

COPY DESK

*Jake Conley & James Faris*

PHOTO EDITOR

*Tristan Lorei*

ART DIRECTOR

*Taylor Sarlo*

CREATIVE DIRECTOR

*Jessica Garcia*

AD DESIGNER

*Olivia Marino*

**Photos on Front:**  
Breeze file photos  
**Graphics on Front:**  
Taylor Sarlo / The Breeze



Get all your JMU football updates  
Follow **@TheBreezeSports**





**By NOAH ZIEGLER**  
*The Breeze*

Every offseason, teams are surrounded by questions. For JMU, a new head coach only brings more, and the spotlight on them is bright.

Head coach Curt Cignetti comes in with pedigree. After coaching at Power Five schools such as North Carolina State, Pittsburgh and Alabama, he took his first head coaching job at Indiana University of Pennsylvania. After finishing with a 53-17 record in six years, he made the jump to the FCS level at Elon. There, his smashmouth offense turned the Phoenix into a formidable foe.

Now, Cignetti will take the next step in his head coaching career at one of the top programs in the FCS, but this time around he'll have the luxury of a high-powered offense

that's loaded with talent.

With redshirt senior quarterback Ben DiNucci tabbed as QB1, the Dukes have someone with big-game experience under his belt. The next step for the Pittsburgh transfer is learning from his first season as the starting quarterback and improving for his second season at the helm.

"There were a lot of things I did well last season, and it's important for me to keep doing those things well," DiNucci said. "There were some things last year I didn't do well. I think turnovers are probably the biggest. Those two games last year — Colgate and New Hampshire — I felt like I had let the team down."

DiNucci says the two biggest things for him this fall

camp are to be more consistent and limit turnovers. Those were factors that hindered JMU, but his athleticism and leadership are traits that'll help him continue to be a weapon.

Having an experienced offensive line is key for every championship-caliber team. Not only does it bode well for the backfield, but the veteran leadership will help keep the locker room together in tough situations.

With Marcus Marshall, Cardon Johnson and Trai Sharp all graduating, the running back group will be heavily influenced by younger players who are eager to break out. Junior Percy Agyei-Obese has already impressed, as he averaged 9.3 yards per carry in 2018. Redshirt freshman Solomon Vanhorne received praise from Cignetti in the spring, while freshman Austin Douglas has also caught the new coach's attention.

## OFFENSE PREVIEW OFFENSE PREVIEW



"The running backs perform better when the offensive line performs better, and I've been pleased with the progress of our line, and I think we have the chance to be pretty good up front," Cignetti said. "But, I feel like we have five running backs right now that we could play — that at some point in the season, probably will play ... We've got good depth in that position, and I feel good about it."

Cignetti's offense depends on a consistent, hard-nosed running game that allows the passing game to be spread across the field. With numerous running backs providing different options for Cignetti, his offense is set to flow well heading into the regular season.

When the running backs draw the attention of the opposition's linebackers, it allows the wide receivers to take advantage of a condensed defense. Players like redshirt senior wide receiver Riley Stapleton, redshirt sophomore wide receiver Kyndel Dean and senior tight end Dylan Stapleton will give DiNucci the luxury of having multiple players who are capable of making big plays.

"I think we're running the ball really well, our wideouts have been playing well and our quarterbacks have been playing great," Stapleton said. "There's a lot of potential in our offense. If we keep

doing our job and trusting the process, we have a chance to be a really good offense."

It's easy to pen the Dukes as a national title favorite. With 20 of 22 starters returning, the experience among the team should minimize on-the-field errors. JMU's offense has the tools to capitalize off its defensive prowess, but the improvement must continue into the regular season and beyond.

"I really believe that this year, if we do our job and stay motivated, I really do believe we can get back to Frisco and hold the trophy up," Stapleton said.

**CONTACT** Noah Ziegler at [breezesports@gmail.com](mailto:breezesports@gmail.com). For more football coverage, follow the sports desk on Twitter @TheBreezeSports.

"I really believe that this year, if we do our job and stay motivated, I really do believe we can get back to Frisco and hold the trophy up."

**Dylan Stapleton**



## OFFENSE PREVIEW OFFENSE PREVIEW





# For the brand

## JMU's special teams unit plays important role while keeping a smile on their faces

By **NOAH ZIEGLER**  
The Breeze

As JMU football's 2019 media day was getting underway, head coach Curt Cignetti stepped to the lectern to conduct a press conference. Junior punter Harry O'Kelly had another idea and jokingly asked his coach if he needed help. Cignetti stepped aside and asked if the Australian would like to take over. Enter O'Kelly.

O'Kelly's time in front of the cameras lasted around five seconds, but the smiles glued to both Cignetti and O'Kelly's face served as a microcosm for the Dukes' special teams unit and their passion for the game.

"We're always together," O'Kelly said. "We lift together; we room together when we're traveling; we're on bus three, so we're always on the same bus together. When you spend so much time with a group of people, you have a good relationship with them."

JMU's specialists have proven recently how much of an impact they have on every game. In 2017, O'Kelly — a freshman at the time — ran for 30 yards and completed a

fourth-down conversion.

Later that same season, redshirt junior kicker Ethan Ratke nailed a 46-yard field goal to lift JMU over Weber State in the FCS quarterfinals. The Dukes would go on to make their second consecutive National Championship appearance.

A year before, Tyler Gray made a career-long 45-yard kick that proved to be the game-winner against North Dakota State. In a variety of ways, the Dukes' specialists have been the difference in the program's rise to the top of the FCS.

This year, Cignetti expects his special teams unit to be a component in each victory. With O'Kelly being named to the FCS Punter of the Year watchlist, the Dukes are building a notable specialists room.

"I've really been impressed with Ethan

Ratke," Cignetti said. "Kyle Davis has done a great job, as well as Harry [O'Kelly] punting the ball. Our guys really give great effort on special teams. I'm really pleased with the effort on the kickoff team ... It needs to be a winning edge."

In his freshman year, Ratke converted

77.78% of his field goals and had one attempt blocked. As a sophomore, he increased that mark to 89.47% and had none of his kicks blocked.

One of the toughest aspects of the special teams game is dealing with pressure. In many games, the

outcome of the game comes down to the kicker or punter. As seen with Michigan State vs. Michigan in 2015, even a routine punt can define a season. Ratke said what helps him handle pressure is practicing as many scenarios as possible that helps

kickers adjust to high-pressure situations.

"The biggest thing is coming out in practice and doing everything we can to be the best we can be," Ratke said. "When dealing with expectations and pressure, it's our job, and we just get used to it."

When the game comes down to the final kick, it's a serious matter for the special teams group. What helps them be serious is having fun and keeping an upbeat mentality.

"We have a lot of fun and a lot more downtime than everybody else," Ratke said. "When it comes down to doing our job, we're all very, very serious with what we have to do. We're all really dedicated and love what we do."

It's hard to find the specialists without smiles on their faces. Being the position that holds arguably the most pressure when called upon, a relaxed mentality is crucial to keeping a healthy special teams room. O'Kelly said that's what separates their position group from others.

"We're pretty goofy," O'Kelly said. "That'd be the one word to describe our group."

"We're all really dedicated and love what we do."

**Ethan Ratke**





## Discover *The Best* Kept Secret In *Student Banking*



**Youth Savings Account**  
2.1% APY\*



**Free Checking Account**  
No Monthly Fees or Minimum  
Balance Requirements



**Visa® Debit Card**  
Access 80,000+ Free ATMs  
4 On Campus



**Online & Mobile Banking**  
Account Access Anytime, Anywhere



**Madison Union Branch**  
Plus 6,000 Shared  
Branches Nationwide



**Loans & Credit Cards**  
Borrow for Any  
Worthwhile Purpose

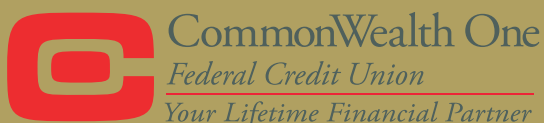


**Financial Resources**  
Free Seminars, Webinars,  
and Videos



**Free Bank to Bank Transfers**  
Send and Receive  
Money Quickly

**Banking is *Better* Here**  
**Visit [cofcu.org/jmustudent](https://cofcu.org/jmustudent) and open your account today!**



Madison Union Branch (Next to the Post Office) | (800) 424-3334  
Mon-Thurs: 9:00am-5:00pm | Fri: 9:00am-5:30pm

\*Annual Percentage Yield (APY). Students earn 2.1% APY on the first \$1,000 on deposit. Federally insured by NCUA. Equal Opportunity Lender.

v08.22.19



# SPECIAL TEAMS | 'JMU's specialists have lifted the Dukes to glory on numerous occasions ...'



O'Kelly averaged 38.7 yards per punt in 2018.

BREEZE FILE PHOTO

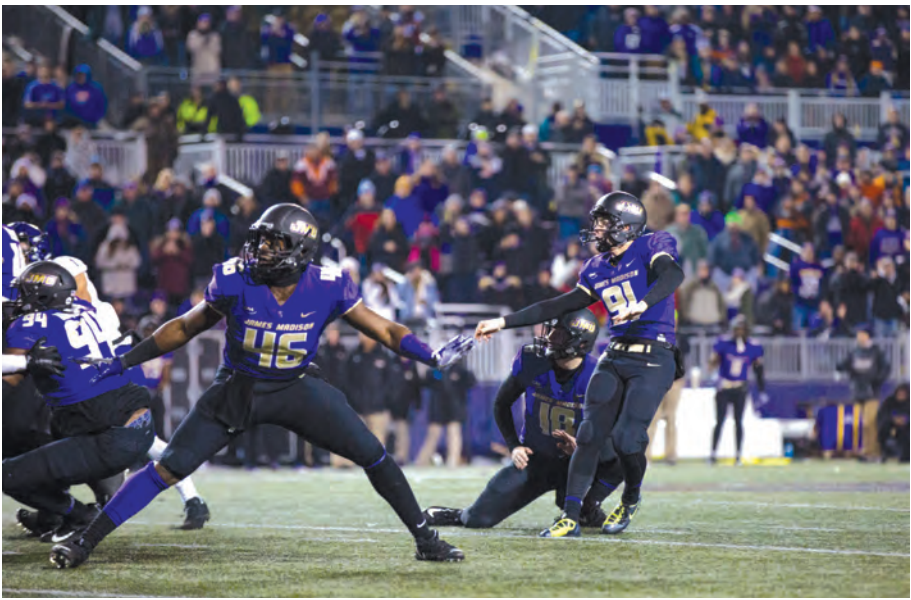
from page 6

The group has discussed replicating special teams units from other schools and making a Twitter account dedicated to following the group of players, but nothing has been set in stone. While they're one of the more relaxed groups on the team, they prove time and time again they're one of the most important.

Special teams is a key component in every game. It's no secret that kickers are called to

win games, but that's not what makes their jobs difficult. Each kickoff determines field position, punts can turn into trick plays, and field goals can swing momentum. The kicking game is taking priority in modern football, and JMU's specialists have lifted the Dukes to glory on numerous occasions, and they hope to continue to do so in the 2019 season.

**CONTACT** Noah Ziegler at breezesports@gmail.com For more football coverage, follow the sports desk on Twitter @TheBreezeSports.



Ratke watches his game-winning field goal attempt against Weber State in 2017.



At JMU, O'Kelly has averaged 14.4 yards per rushing attempt.

open Now – Sep. 8<sup>th</sup>  
including Labor Day!

Monday – Thursday  
10AM – 5PM

Friday – Saturday  
10AM – 6PM

Sunday  
NOON – 5PM



Find something for everyone – all up to 90% off retail prices!

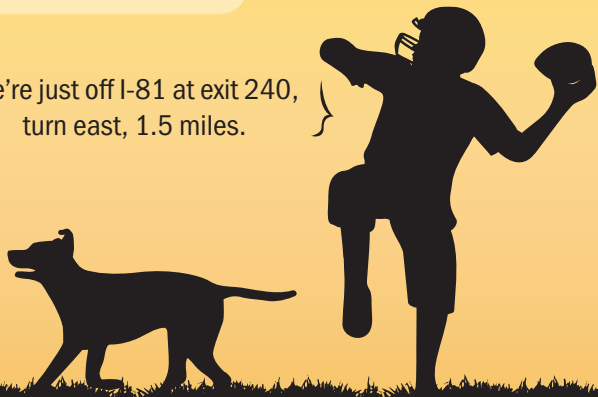
green valley  
bookfair

Remaining 2019  
Schedule

Oct. 5<sup>th</sup> – 29<sup>th</sup>

Nov. 29<sup>th</sup> – Dec. 18<sup>th</sup>

We're just off I-81 at exit 240,  
turn east, 1.5 miles.



2192 Green Valley Lane, Mt. Crawford, VA 22841

GoBookFair.com

800.385.0099







BREEZE FILE PHOTOS



# Back for more

With numerous stars returning, JMU's defense is primed to be one of the best in the FCS

By **CATIE HARPER**  
*The Breeze*

To redshirt senior defensive lineman Ron'Dell Carter, last season wasn't a success. "You know, 9-4 to any other team is a great season," Carter said. "To us, it's mediocre." When the 2018 season ended with a 23-20 loss to Colgate in the second round of the FCS Playoffs, it was the first time in two years the Dukes wouldn't be in the national title game. It was also the first time since 2014 that JMU

failed to claim a share of the CAA title. The team that had experienced extraordinary amounts of success in the two prior seasons suffered its most losses since 2014. But with the 2019 season looming, the Dukes — along with a new coaching staff — are ready. While new faces on the coaching staff will walk the sidelines, the players on defense take the field with another year of experience to their names.

see **DEFENSE**, page 10



**1476 S. Main Street  
Harrisonburg, VA  
(540) 746-7515  
grilledcheesemania.com  
Monday–Saturday  
11am – 7pm**

simple comfort food









**FOLLOW THE MANIA**











Bring your car to school ... *and* park close to campus

**Bring Your Car to College**  
**Private parking lot for JMU  
freshmen with 24/7 security**

Email us at [freshmenlots@gmail.com](mailto:freshmenlots@gmail.com)

**540.466.4668**



# DEFENSE | 'There's no reason why we shouldn't be one of the best defenses in the country'

from page 9

JMU is set to return most of its starters on defense this year and will also showcase the return of redshirt senior cornerback Rashad Robinson after he suffered a season-ending injury in a 2018 fall camp scrimmage.

"Even when we look at the defense, we lost Jimmy [Moreland], but we're replacing Jimmy with Rashad — All-American guy, a guy who's capable of winning the Buck Buchanan this year," Carter said. "We lost Darius Carter, but [John] Daka was our All-American [defensive end] last year."

This year's JMU defense will be a hard one to ignore for other CAA teams. During 2019, most of the athletes taking the field on defense for the Dukes will be juniors or older and will have worn purple and gold for at least one season.

Highlighting the defensive roster are players who claimed spots on the 2018 All-CAA

team like Carter and senior safety Adam Smith. Heading into the 2019 season, Carter and Smith were joined by fellow defenders Robinson and redshirt senior linebacker Dimitri Holloway on the 2019 Preseason All-CAA team, which was announced back in July.

"It's going to be great," redshirt junior safety Wayne Davis said on playing with experience. "Now, we know each other's strengths and weaknesses. We know how each other plays, and we can play off each other."

An abundance of experience has also led to deep-rooted chemistry among the defense. To Robinson, an X-factor to this season's team is the relationship the defensive players have with one another both on and off the field.

"When I'm beside Dimitri at corner, all I have to do is say one word, [and] he knows exactly what I mean," Robinson said. "With Wayne, all I have to do is give one signal ... or say one word; he knows exactly what I'm doing ... Brotherhood and chemistry is something that you don't see on every team that I see that we have on the defensive side of the ball."

Since 2015, the Dukes have made massive strides on the defensive side of the ball. When

former defensive coordinator Bob Trott came to Harrisonburg in 2016, there was untapped potential. By the end of the 2016 season, JMU had moved up the standings in total defense, rush defense and scoring defense. When the 2017 season finished, the Dukes were either No. 1 and No. 2 in the FCS in total, pass, rush and scoring defense.

While Trott departed the program back in December with former head coach Mike Houston, there's a new set of coaches ready to capitalize on the preexisting talent in the JMU locker room. Head coach Curt Cignetti and company are taking over a defense that allowed a CAA-low 20 touchdowns and 289.5 yards per game.

Over the course of spring practices and fall camp, Cignetti's staff has implemented a fast-paced defense. Senior linebacker Landan Word said that, while it did take time to adjust to the new defense, the unit is starting to grasp it.

"When you're constantly thinking about not making mistakes, you're not going to play nearly as fast as you [should]," Word said. "The whole

defense has kind of picked up that whole mantra that this is going to be a fast-paced defense, and if everyone can just be on board and we can stay consistent, there's no reason why we shouldn't be one of the best defenses in the country."

When the 2019 season gets underway Saturday against West Virginia, the defensive brotherhood will need to replicate its past successes in order to help JMU get back to the FCS National Championships.

In recent years, it hasn't been one guy making the plays for the Dukes. There may be one or two players for JMU who find themselves leading a category for an individual statistic — like Moreland last season for interceptions. For this defense, the individual awards aren't important.

It's the team recognition.

"Team supersedes anything individually," Carter said. "When you're better as a team, individually, you'll always do better. But just because you do better individually [doesn't] mean you do better as a team."

**CONTACT** Catie Harper at [breezesports@gmail.com](mailto:breezesports@gmail.com). For more football coverage, follow the sports desk on Twitter @TheBreezeSports.

"Team supersedes anything individually."

**Ron'Dell Carter**



BREEZE FILE PHOTOS





**the hills**  
OF HARRISONBURG



- RENOVATED CLUBHOUSES •
- NEW HARDWOOD FLOORS •
- UPDATED APARTMENTS •

**APPLY FREE ONLINE**



**THEHILLSJMU**

**540.432.0600 | LIVE-THEHILLS.COM**



# Best photos of 2018



BREEZE FILE PHOTOS







## AUTHENTIC ITALIAN CUISINE

In Italian, “Tutti Gusti” means “all flavors” and for ten years, we have been proudly serving the city of Harrisonburg and James Madison University with all the flavors of authentic Italian cuisine, delivered with fast and friendly service and great value for your money. We invite you to take a seat at our table or yours and enjoy all the flavors we have to offer.

**PIZZA - SUBS - PASTA - HAMBURGERS**

*Located at*

**1326 Hillside Avenue  
Harrisonburg, VA 22801**

Off Port Republic Road, next to Starbucks

*Order online at*

**[www.tuttigusti.us](http://www.tuttigusti.us)**

*Or contact us at*

**(540) 434-6177**

**FREE WiFi @ Restaurant and FREE DELIVERY**

**Catering Available for All Occasions**

### ALL-NEW HOURS

**M-W: 10am-11pm**

**Th-Sat: 10am-3am**

**Sun: 10am-1am**

**Ask about our  
JMU specials!**

Hours can vary in the Summer.  
Minimum for Delivery: \$6.00







Live Life at the Top!



**Stop by today for a tour or give us a call for rates!**

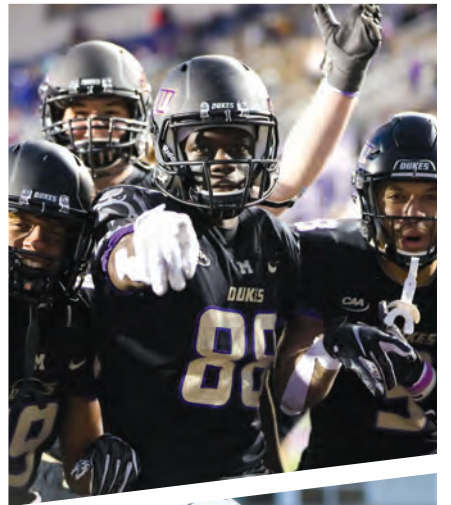
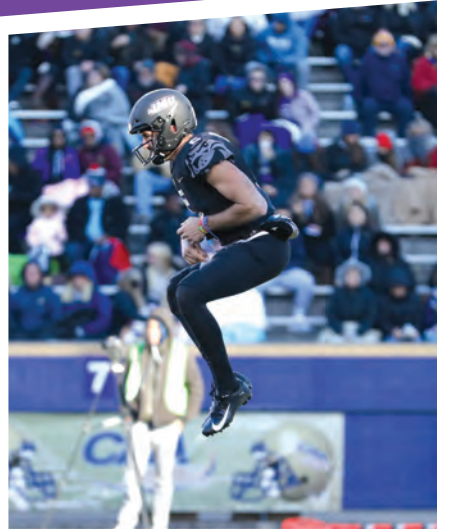
Enjoy Life at the Top with our conveniently located premier student housing! **865 East** offers tenants the means to escape the stress of student life through amenities such as our Rooftop Lounge, Game Room, Fitness Center, and much more!

865 East Port Republic Road | (540) 442-8885





BREEZE FILE PHOTOS







BREEZE FILE PHOTOS



**JAMES MADISON**

**8**

**WEAR**  
SAT. SEPT 7 vs SAINT FRANCIS  
**WHITE**

**JAMES MADISON**

**91**

**WEAR**  
SAT. OCT 26 vs TOWSON (HOMECOMING)  
**PURPLE**

**DUKES**

**3**

**WEAR**  
SAT. NOV 16 vs RICHMOND  
**BLACK**



# Change in scenery

Transfers find new home playing for JMU football

BREEZE FILE PHOTOS



**Exceptional Sandwiches served  
on House-made Sourdough**

made-from-scratch salads, soups, sides, and sweets

local, seasonal food & finely curated market

\*delivery available\*

540.217.2494 // [www.grayjayprovisions.com](http://www.grayjayprovisions.com)

MON – FRI: 11AM – 7PM // SAT – SUN: CLOSED

1311 SOUTH HIGH STREET, HARRISONBURG, VA, 22801







By **CATIE HARPER**  
*The Breeze*

JMU has become a transfer hotbed. Players from schools across the college football realm have started taking notice of JMU's fast rise in the national standings. For many transfers on JMU's rosters, the winning culture in the locker room helped lead them to Harrisonburg.

**From the Keystone State to the Old Dominion**

If you told Ben DiNucci four years ago that he'd trade blue and gold for purple and gold, his answer would be simple.

"No way in the world that would ever happen," DiNucci said.

Now redshirt senior DiNucci is about to end his college career 256 miles from where it began, but to him, it's a "blessing in disguise." The Wexford,

Pennsylvania, native believes he found his perfect fit in Harrisonburg, whether it's from an academic or athletic standpoint.

DiNucci isn't the only former FBS transfer to wind up playing for the Dukes after starting their career in Pennsylvania. Redshirt senior wide receiver Brandon Polk, while originally from Ashburn, Virginia, spent the first four years of his career at Penn State.

With one year left of eligibility, the process of returning to his home state has been easy. He knew two of the coaches — Ryan Smith and Andrew Jackson — from his time at Penn State, his home is only an hour and a half away, allowing his parents to make the trip for games, and the players in the locker room welcomed him in.

"I'm excited for the first home game [because] I'll be able to see everything because I haven't been to a home game," Polk said. "That's pretty much the same thing that I had at Penn State — it's the same atmosphere."

see **TRANSFERS**, page 20



Ron'Dell Carter (top left), Dylan Stapleton (top right) and Landan Word (bottom) have all made an impact for the Dukes since transferring to the school.

# GLENS FAIR PRICE STORE

## THE BEST HALLOWEEN STORE IN TOWN

227 N. Main St.  
 Downtown Harrisonburg, VA 22802

540-434-8272

Mon-Fri: 11a-6p | Sat: 11a-5p

**Over 2,000 costumes**  
 To rent or buy

**Everything you need for Halloween and much more!**

[glensfairprice.net](http://glensfairprice.net)

# ROCKTOWN CROSSFIT

## WELCOME BACK TO THE BURG!

*Let The Rock fuel your fitness this semester!*

ENTER TO  
 WIN 50% OFF  
 YOUR FIRST  
 MONTH!

- Free College Community Day on August 31st @ 10 a.m.
- We are walking distance from campus in the Beach Bum Tanning Shopping Center

1645 RESERVOIR STREET - SUITE 149, HARRISONBURG, VA, 22801  
 540-335-3514 // [ROCKTOWNCROSSFIT@GMAIL.COM](mailto:ROCKTOWNCROSSFIT@GMAIL.COM)  
[WWW.ROCKTOWNCROSSFIT.COM](http://WWW.ROCKTOWNCROSSFIT.COM)





# TRANSFERS | 'This is not your typical FCS school'

from page 19

## Brotherly reunion

In recent years, JMU has become a landing spot for brothers wanting to play football together. Last season featured two sets of brothers who weren't always with the same college program. Riley Stapleton and Robert Carter Jr. ('19) started at JMU, but their little brothers both found their way to the Shenandoah Valley later on.

Redshirt senior defensive lineman Ron'Dell Carter sat four rows back from the JMU sideline while watching his brother play for the Dukes. The Baltimore native was enrolled at Rutgers at the time, but on that day, Ron'Dell's dad knew the two brothers would play together again.

"I called my brother — they were fresh out the national championship — and I was like, 'Bro, listen, this is the prime opportunity to

make a childhood dream come true,'" Ron'Dell said.

And later that year, the Carter brothers' dream came true. The duo played two seasons together before Robert finished his eligibility last season.

That same childhood dream Ron'Dell and Robert had was just like the one Riley and Dylan Stapleton shared. Dylan visited the school during his junior year while Riley was being recruited, and he fell in love.

A few years later, Dylan was playing college football for Slippery Rock — a Division-II school — when the opportunity to move to JMU came about. While the idea of playing with his older brother again was enticing, it wasn't the lone factor in Dylan's decision.

"Being a Division-II school, I just wanted to push my limits kind of, see what I was made of," Dylan said. "Riley being here was a huge push for me, but ... I knew a couple

guys on the team. I just knew how close [they were]. There's a family atmosphere."

## More than football

Senior linebacker Landan Word started his career a short drive down I-81 and I-64 at U. Va. In his first and only season at the FBS level, Word showed his worth. The Vienna, Virginia, native played in 11 games as a freshman, making 21 tackles, two sacks and one fumble recovery.

But one year later, Word was ready for a fresh start.

"The immediate effect of my decision was mostly, I think, the brotherhood and the team camaraderie," Word said. "I think you lose a lot of that when you're at the Single-A Division; I think it's more of a business."

One year after Word made his debut at JMU, more FBS transfers arrived ready to rep the purple and gold. Wayne Davis — who transferred in from FBS powerhouse Ohio State — had been looking at a few schools to potentially call home before finally selecting JMU.

Davis admits there were really only two schools at the FCS level he was looking at, but JMU wasn't a hard sway. He saw the defense that former defensive coordinator Bob Trott had in place, and as a defensive back, his eyes went to the lofty turnover

ratio. Players like Raven Greene, Jordan Thomas, Rashad Robinson and Jimmy Moreland had all thrived in the secondary for

the Dukes — something Davis loved.

Still, with other FBS offers still present for Davis, JMU's FBS-like facilities help sell the program.

"This is not your typical FCS school," Davis said. "Look at our field, you know, it's not a typical FCS field."

## Atmosphere proves driving factor

Any fan who sits in the stands of Bridgeforth Stadium can acknowledge that there's something about the environment.

There's the Marching Royal Dukes, the vociferous fans who make their presence known and the infamous streamers. Each transfer had a different first experience at JMU, but each one also emphasized how special the culture at JMU is.

"I'd heard about it and seen videos and stuff like that, but you know, it really didn't do it justice, honestly," DiNucci said about the game-day environment. "The streamers were flying everywhere; it was loud ... Obviously, I got to experience it last year, but before playing here, [it] was crazy. Kind of gave me goosebumps, like, 'Hey, this is pretty cool.'"

And it's not only a special atmosphere at Bridgeforth Stadium on game day — it's everywhere around Harrisonburg. Davis recalls walking around Walmart after JMU's annual "Meet the Dukes" and having fans approach him, knowing him by name, just to wish him luck in the upcoming season — something he said isn't common at FCS schools.

Davis isn't the only FBS transfer who believes this.

"I think it's kind of a hidden gem," DiNucci said. "We're kind of starting to get recognized on more of a national spotlight with ... some of the former guys that are playing really well in the NFL, so it's just really good to see that ... [JMU's getting] some of that national recognition that it deserves."

**CONTACT** Catie Harper at breezesports@gmail.com. For more football coverage, follow the sports desk on Twitter @TheBreezeSports.



BREEZE FILE PHOTOS





# The **KING** of LATE NIGHT DELIVERY

**(540) 574-4700**

Order online at  
[chanellospizza.com](http://chanellospizza.com)

Open DAILY 11 a.m. until at least 2 a.m.  
Friday and Saturday until 3:30 a.m.

## EARLY BIRD SPECIAL

Large 1 Topping Pizza  
and Garlic Knots\*

**\$10.99**

ONLY  
available from  
4 p.m. – 8 p.m.

Large 1 Topping  
Pizza\*

**\$8.99**

2 Large \$8.49/ea.  
3 Large \$7.99/ea.

Medium 1 Topping  
Pizza\*

**\$6.99**

2 Medium \$5.99/ea.  
3 Medium \$5.55/ea.

**(540) 574-4700**

See our full menu at [chanellospizza.com](http://chanellospizza.com)



\*MUST MENTION AD TO GET SPECIAL PRICING. PLUS TAX, DELIVERY  
FEE AND GRATUITY. SUBJECT TO CHANGE WITHOUT NOTICE.

702 E. Market Street, Harrisonburg, VA 22801





# CAA power rankings

By GRAYSON HEFLIN  
The Breeze



**(9-4 in 2018)**

With the entrance of new head coach Curt Cignetti, expectations are high for the Dukes, as they're ranked No. 2 overall in the FCS Coaches Poll after finishing No. 10 last year. The Dukes return 19 starters and look to make a statement in their first game against FBS opponent West Virginia.



**(3-8 in 2018)**

There's nowhere to go but up for the Great Danes who had no representation in the CAA All-Conference teams last season. Ball security and overall offensive efficiency are both areas of growth for the Danes. The bright spot for Albany is its receiving core, which will need to be performing at its best to help out with the efficiency of the whole unit. The Danes are bringing back 15 starters and have loads of room for improvement.



**(4-7 in 2018)**

Similar to many of the teams lower on this list, the Spiders have lots of returning players on both sides of the ball and room to improve. Last year's season was a disappointment; the biggest concern and change to be made concerns ball security. The biggest success is of their defensive line, which may be a game-changer.



**(5-6 in 2018)**

Villanova was plagued by injuries last year during a season that started off promising after a huge win against FBS in-state opponent Temple. The Wildcats lost the majority of their starters on both sides of the ball, and most of their impactful leaders have graduated. Filling those roles may be harder than replacing talent.



**(4-6 in 2018)**

With 15 of last year's offensive and defensive starters returning, the Tribe's new head coach, Mike London, has experience to work with. While the Tribe finished the season 4-6, they showed potential while playing in a tough CAA conference where almost any team can hang around from week to week. William & Mary is a team to keep an eye on considering how much room it has to grow.



**(10-4 in 2018)**

After finishing the year in the semifinals of the FCS Playoffs, the Black Bears look to make it back under head coach Nick Charlton, the youngest head coach in Division I at 30 years old. Last year, Maine was carried far by a talented linebacker core and a stingy defensive line. After those losses on the defensive side of the ball, the Black Bears must lean more on the talents and playmaking of their offense if they want to make another deep postseason run.



**(7-5 in 2018)**

Led by redshirt senior quarterback Tom Flacco, the Tigers' high-powered offense is returning half of its starting players from last season, while their defense brings back seven of its 11. The Tigers will live and die by the air and — more importantly — Flacco's play. The star quarterback will take them far if he elevates his play, but they'll need help and improvement on the defensive side of the ball if Flacco's cold.



**(6-5 in 2018)**

Incoming head coach Tony Trisciani will be looking to build on the successes from last year's team coached by now JMU head coach Curt Cignetti. The Phoenix started off the season stellar last year, going 4-1 through the first five games before fizzling out during the final stretch. Elon lost four of its last six, including a first-round playoff exit to Wofford. Much of the team's struggles came after junior quarterback Davis Cheek suffered an ACL injury and missed the final five games of the season. The Phoenix will try and establish some longevity to its dominance this year in hopes to compete for a CAA Championship and a playoff run.



**(7-5 in 2018)**

The Blue Hens' brand of football revolves around tough defense and forcing opponents to beat you on offense. Delaware lost one of its premiere defenders to the NFL, linebacker Troy Reeder, following last season. His production won't be easily made up for, but with no changes on the defensive coaching staff, it's safe to say the Blue Hens will fill roles and keep that same dominant defensive mentality they had last year.



**(7-5 in 2018)**

Last year, Stony Brook showed flashes of a squad that could potentially play deep into the FCS playoffs. Other times, the Seawolves played down to their competition. This year, Stony Brook will look for more consistency and better defensive play with eight returning starters, but it'll have to adjust out on the offensive side of the ball with only three returning starters.



**(6-5 in 2018)**

A middle-of-the-road team last year, the Rams look to capitalize on their returning offensive talent, highlighted by senior receiver Aaron Parker and senior offensive linemen Kyle Murphy. The Rams will need better quarterback play if they want to be successful, considering they seem to have all the right surrounding pieces on the offensive side of the ball.



**(4-7 in 2018)**

The Wildcats have nine returning offensive starters and seven returning defensive starters, highlighted by senior safety Pop Lacy and sophomore running back Carlos Washington Jr. The latter has the most promise considering his involvement and progression in the offense last year as well as his sophomore status and the time he has to improve. The Wildcats will rely on Lacy and Washington's impact to make the season successful.

The college football season is about to kick off, and teams are finishing training camp and preseason practices. With CAA play already underway with Villanova's 34-14 win to Colgate on Saturday, it's time to look at the power rankings for the conference.

**CONTACT** Grayson Heflin heflingt@dukes.jmu.edu. For more football coverage, follow the sports desk on Twitter @TheBreezeSports.





BREEZE FILE PHOTOS

# BROTHERS PIZZA

PIZZA, PASTA & SUBS

1059 South High Street  
Harrisonburg, VA 22801



DAILY  
SPECIALS!

2 Baked  
Dishes  
with  
Salad &  
Garlic  
Bread  
\$16.95  
+tax



WE  
DELIVER!



MONDAY - WEDNESDAY  
Large 1 Topping Pizza  
\$9.95 +tax

1 Large  
Cheese  
Pizza,  
1 order of  
Bread Sticks,  
& a 2 Liter  
Soda  
\$16.95 +tax

Combo: Sub, Fries, &  
Soft Drink \$8.99 +tax

1 Large  
1 Topping  
Pizza,  
1 order of  
Buffalo  
Wings, & a 2  
Liter Soda  
\$20.95 +tax



540-433-1116





# EAT LIKE A DUKE.

## 8 PC. TAILGATE SPECIAL

8 pc chicken, 4 biscuits,  
2 picnic fixin's, 1/2 gallon iced tea

# \$19.99



1880 Port Republic Rd.  
Harrisonburg, VA 22801

Offer good through 12/31/19 at participating locations only.  
Please present coupon before ordering. Not good with any other offer or coupon.  
Extra charge for breast piece substitutions. Limit one coupon per customer.